DISCOVER
the Secret within

The LAW of ATTRACTION

BY

AiR
Atman in Ravi

Look Deeper to Realize the Truth!

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AiR
Atman in Ravi
Ravi V. Melwani

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Preface

I too believed in the Law of Attraction. I believed that whatever we attract in our life, we would achieve. There seemed to be some science behind it. Decades ago, I read about the Law of Autosuggestion and how desire is the starting point of all achievement. Norman Vincent Peale called it the 'Power of Positive Thinking'. Napoleon Hill spoke about it in his book 'Think and Grow Rich', and Clement Stone added to it in his book, 'Success Through a Positive Mental Attitude'. Robert Schuller preached all of this in the Crystal Cathedral and called it 'Possibility Thinking'. I too achieved a lot of success following these principles, but when I look in hindsight, I find that it is not the Law of Attraction that actually works.

We can keep on attracting what we want for the rest of our life, we may keep on thinking about it, but it will not manifest in our life until the Law of Attraction leads to the appropriate Action. If there is no Action, there will be no Attraction. The result from the Law of Attraction is based on the Law of Action.

What is the Law of Action? The law is based on a popular principle in our scriptures, 'As you sow, so shall you reap'. The law is mentioned in the 4000-year-old text of *Sanatana Dharma* and is popular around the world as the Law of

Karma. The law states that what you do, will come back to you; what you give is what you will get. The seed you plant will determine the fruit on the tree, just as the deed you do will determine your destiny.

It's very simple. It is the Principle of the Boomerang. What goes around comes around. We see it happening every day in our life and we know that kindness begets kindness, just like cruelty, rudeness, and indifference will return to us eventually. The principle is not just based on what we see and what people hear, it is a scientific principle that relies on a Universal Law. That's why you don't find apples growing on mango trees. However much you may try to attract them, apples can only manifest on the tree if you plant apple seeds. You may keep on trying to attract that dream cruise to Antarctica, but you will keep on rowing your boat in a little river until you save enough money, book the cruise, get your visa and go. You need Action, not just Attraction. Whatever you attract in your life, will never manifest without Action.

Many people misunderstand the Law of Attraction and fail. But all those who follow the Law of Action succeed. There is no doubt that the Law of Attraction can inspire our Actions, even fuel them forward. But without Action, the Law of Attraction will never work.

This book will show you the way to achieve your dream and take you beyond just Achievement, to Fulfilment, and

eventually Enlightenment. This is my personal experience of first, the Law of Attraction and then, the Law of Action and how I went beyond both, to discover the Universal Law that made me realize my Ultimate Goal.

Ultimately, what do we all seek? We seek Peace and Happiness. Attraction creates desire that causes stress, and Action may give us momentary happiness, but there is a way to attain Eternal Joy and Everlasting Peace. This book will show you not just how to understand the Law of Attraction and to use the Law of Action to attain this blissful state, but it will also reveal the secret of a blissful and peaceful life that is free from all misery and sorrow.

Are you ready to start the most amazing journey of your life?

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CHAPTER 01

WHAT IS THE LAW OF ATTRACTION?

The Law of Attraction is a magical, mystical law that people around the world believe in. They believe that they can attract whatever they want in life, simply through this law. It is advocated by philosophers and authors who claim to reveal a Secret that we human beings attract our destiny through desires, thoughts, and autosuggestions. They make it look like a mysterious secret that gives you anything you want - happiness, health, relationships, and wealth, just by attracting it. They say that miracles can happen through the Law of Attraction. There was a phase where a series of books and talks revealed this secret so that people could attract whatever they wanted in their life. In fact, they called it 'The Secret', and said that it was a Power and a Universal Law titled, 'The Law of Attraction'. Wouldn't it be great if such a law existed? A law of the genie that we could manifest all our desires!

If we look deep into the law, we will discover that this is nothing new. James Allen in his essay, 'As a man thinketh', revealed his thesis a century ago. Ever since, people have stated that thoughts are things, and not just mere thoughts. While the original philosophy has a lot of meaning, what it has evolved to as the Law of Attraction is a matter of debate.

The marketing and promotion of this Law of Attraction has made it a big success. The Law of Attraction states that just like a magnet, we can attract anything and everything that we seek from this world through our magnetic powers. All we have to do is to set our mind on it and then, thoughts become achievements.

What is this Law of Attraction? People who read about it, believe that if you want pineapples, all you have to do is to think of pineapples, imagine pineapples, and desire pineapples. This Attraction will send magnetic signals into the universe and you will receive pineapples. We human beings are like a transmission tower and we create our life and our world. The Law of Attraction believes that the vibrations of our mental forces are so powerful, that we can attract all our desires in abundance. People believe in the law so blindly that they even talk of being surprised when whatever they thought, just happened, as if by magic!

Naomi believed in the Law of Attraction. She believed that this was the secret of life, that whatever she attracted would manifest. She kept on attracting the man of her dreams. She even spent time being intimate with him, spending weekends for several months hoping that he would be her life partner. She had no doubt! She had visualized it and attracted it. It seemed that the secret truly worked. However, Naomi lived with the fear – what if she lost the love of her life? These thoughts became strong, but her insecurity did not come in the way of her passion for her beloved. But one day, he walked out

of her life! She wondered why this happened.

The problem with this law is that even if you think of something that you don't want, it is said that you will attract it. The law doesn't distinguish between good and bad. It only attracts whatever you think. If you are thinking about success, you will attract success, but if you are thinking of failure, you are sure to fail. The law simply gives you back whatever you are 'thinking' about.

Different authors have different things to say about the Law of Attraction. Some say it is a very natural law and shows results if we follow it. If only we focus on what we want with all our attention, we will attract that into our life. If you focus for instance, that you don't want to be fat, the law doesn't recognize 'don't' and you may become fat because the law will attract what you focus on. Instead, you must focus on being thin. So, you mustn't focus on something that you don't want. There was somebody, for instance, who focused on, 'I don't want to be late'. What do you think would have happened?

The Law of Attraction is the Law of Visualization. If only you had a mind that could imagine something, you could visualize it and soon, what you visualize would manifest in your life. Such is the law! Thus, the law is a Law of Imagination. Whatever you imagine in your life, you will attract, just because you think, you visualize, and you

imagine it. Therefore, this law could be called the Law of Expectation, of Visualization or Imagination, not just Attraction.

Suppose you want to be a billionaire, then just think of being a billionaire. As W. Clement Stone said, *'Whatever the mind of man can conceive and believe, it can achieve'*. The Law of Attraction states that if you think about being a billionaire consistently and you send out this message into the universe, you will ultimately become a billionaire. Such is the Law of Attraction! It all depends on our thought. All we must do is focus on wealth. Imagine that you already have the wealth. Imagine already receiving that wealth in your bank! Think wealth, seek wealth, attract wealth, think billionaire, and you will become a billionaire. There are other people who share amazing love stories and how they attracted the most beautiful relationship in their life, purely by attracting it.

Even the scientific world to some extent believes in this law. Take the placebo effect for instance. It is nothing but a patient imagining to be cured and then getting cured. There are no chemicals in the medication that they take, but their thought itself cures them. However, the question is, does the placebo effect always work? There are many medical professionals who believe that diseases are caused by thoughts. If we focus on a healthy life, we will be healthy.

Many people all over the world today believe in the Law of

Attraction. They believe that they can create their destiny simply through this law. But they don't really know what actually makes this law work. For this, we must first be absolutely clear on what the law is and what it states. Some people are scared of this law because they have no control over their mind and when they hear that everything they attract in their life depends on thoughts, over which they have no control, they become frightened of this law.

The law believes that if you persist with a negative thought and are consistent, then the negative result will manifest in your life. To conclude, the Law of Attraction says: what you think is what you attract into your life. Thoughts are magnetic and powerful, and they go out into the universe and return as the things you attract. It is claimed that the Law of Attraction is another of the many Universal Laws, just like the Law of Gravity. Just like Aladdin's genie, the Law of Attraction will grant every command that you wish for. What is the ultimate truth behind the Law of Attraction? Does it really work?

Let us consider some of these cases that give us food for thought.

John wanted a cup of coffee. His desire was so strong that he believed that he would have an amazing, steaming mug of coffee, although there was no coffee in sight. He put out such a thought into the universe and soon enough, a coffee van passed by to serve him his

favourite coffee. Did John attract coffee?

Peter was trying to park a car during Christmas in a busy parking lot and he was trying to attract a parking space. 'Parking, parking, parking', he thought and soon as if by magic, he attracted a car parking space.

Linda kept thinking that 'I must lose weight, I must lose weight', and because she was thinking so much about weight, she gained more weight than ever before.

What do these 3 instances reveal? They reveal that the Law of Attraction is the Law of Visualization. If only you have a mind that can imagine something, you could visualize it and soon, what you visualize would become a reality in your life.

Finally, it is stated that the Law of Attraction is based on energy, a magical energy that goes out into the universe and creates our destiny. But have we understood the law properly or is there something missing? Have we decoded the secret of this power or do we still have to fill in the blanks? How can we make the Law of Attraction work and make all our dreams come true?

What is the Law of Attraction?
Thoughts that we conceive and believe…
The Law will send magical signals out,
And what we attract, we will receive.

ESSENCE OF CHAPTER 1
WHAT IS THE LAW OF ATTRACTION?

- Philosophers and authors around the world advocate the existence of the Law of Attraction.
- As per the Law, whatever we can Conceive and Believe, we can Achieve.
- If only we visualize something and attract it, we will achieve it.
- As per the law, thoughts are powerful. They are not just thoughts, they are things.
- Whatever you dream, desire and visualize, will manifest as your destiny.
- As per the law, whatever you think will happen - it may be good or bad, positive or negative. If you think of being a billionaire, you can attract billions in your life.
- If you focus on something that you don't want, the law doesn't recognize 'don't' and the law will attract what you focus on. So, you mustn't focus on something that you don't want.
- Some people are scared of this law because they keep on hearing that everything they attract in their life depends on thoughts over which they have no control.
- The Law of Attraction is based on energy, a magical energy that goes out into the universe and creates our destiny.
- While people around the world believe in this law, does it actually work?

CHAPTER 02

DOES THE LAW OF ATTRACTION ACTUALLY WORK?

Is it true that we attract a job, people, circumstances, health, wealth and above all happiness to our life? Can we just attract the car we drive, the home we live in, and the holiday destination that we dream of? Some people think this to be 'wishful thinking' and it is crazy to imagine that what you think and attract will actually happen.

There is no doubt that thoughts are powerful. Thoughts create feelings and feelings create Actions. Repeated Actions backed by repeated thoughts ultimately create our destiny. But can it just happen through Attraction? The Law of Attraction is simple. It says, 'Focus on what you want. Don't focus on what you don't want.' But the question is, does this Law of Attraction actually work?

Unfortunately, philosophers have made the law look simple, that you can just ask, believe and receive. They have missed the very essence of the law. No doubt, there is a lot of truth in the statement that thoughts may ultimately become the reality of our life. But this has also created so much ignorance that people continue thinking, believing, seeking and attracting things for the rest of their life, but nothing happens!

Therefore, the question that we face is – Does the Law of Attraction actually work? If you keep on manifesting grapes in your garden, you ask for grapes, you seek grapes, think of grapes, visualize grapes, will your garden be full of grapes? As per the law, it should. Further still, if everybody in this world could attract everything that they dream of then there would be the bliss of achievement everywhere. How is it that only one contestant of the Miss World competition wears the crown, while dozens amongst the participants visualize themselves as being the dream of the billions who watch keenly but they don't attract the crown?

There seems to be a missing piece in the puzzle that reveals that the Law of Attraction doesn't actually work the way it is portrayed. Attraction will influence our destiny but will not direct it. Therefore, it cannot be a law because if it was a Universal Law like the Law of Gravity, then it would work all the time for everybody, anywhere in the world. If the Law of Attraction was as true as it is believed to be, then you could just attract a Ferrari, a limousine, even a private jet or yacht as you visualize becoming the world's richest man.

Does it mean that the Law of Attraction is nothing, that it is a complete washout? No! Attraction does influence our thoughts and ultimately, does have some impact on our achievement. But for this, we must understand the cycle of achievement. We must go deeper to realize that Attraction is not a law. It is just a strategy that we use to take us forward

towards making our dream come true.

Most of humanity has desires and dreams. To make their expectations real, people make plans, define goals and work hard to build teams, provide resources of money and people. All these have a part to play in our success. If we were to believe that more than all this, it was a magical, mystical law called the Law of Attraction that would decide our destiny, we would be sitting and chanting our Attraction mantra till we reached our grave. When Henry Ford said, *'Think you can, or think you can't, either way, you would be right,'* he did not say that there is a law that states that we will attract everything that we think. When the Bible stated, *'Ask and it shall be given unto you,'* and it stated, *'Seek and you shall find,'* it also said, *'Knock and it shall be opened unto you.'* If we do not interpret the scripture properly, if we do not understand the philosophy completely, then, we will not discover the real secret within the Law of Attraction. We must look deeper to realize the truth.

It is rather unfortunate that herds blindly follow a law proclaimed by a few to be true, and in the bargain, miss the very essence, the very truth about the law that leads to achievement. When Bob Proctor said, *'The secret gives you anything you want, happiness, health and wealth,'* what did he actually mean? It is sad that people believe in the statement without realizing the essence that lies within. Is it true that there is a Secret that can make all dreams come true by just

manifesting Attraction into reality? The Secret will only work when Attraction is coupled with Action. Otherwise, it inadvertently misleads people and in a way, conceals the truth as it projects a myth. *'You can have, do or be anything you want'* - Dr. Joe Vitale. While there is some impact in positive thinking, we should not let it steal the missing part of the puzzle that it seems like it will make us have all that we want just by Attraction.

Many motivational speakers in some parts of the world inspire people to believe that thoughts are things, and that desire is the starting point of achievement. They do well in emphasizing the importance of thoughts and dreams of visualization and actualization. But they do not frame it to be a law. When Napoleon Hill said in his book Think and Grow Rich, *'Whatever the mind of man can conceive and believe, it can achieve,'* he did not say that it was a law that operates universally around the world. He only emphasized the importance of thought and how it could be the starting point of achievement. Alas, we have misunderstood an important Principle of Attraction and made it into a law! By doing so, we have camouflaged a real Universal Law that works. We have added prefixes and suffixes and manipulated the real Law of Achievement.

By preaching to the world that you can attract whatever you dream of, we are doing great service to humanity, but by saying it is a Universal Law, and anybody can attract

anything by visualization, we may be letting people believe in a law that isn't a law and thereby, stopping them from discovering the real law that works. There is a Universal Law, a real secret that we must discover. Sure, thoughts are things, they have power, and they send vibrations both internally and externally, but to believe that there is a Law of Attraction that works, is more like a fairy tale. Let us give credit to all those who speak for the Principle of Attraction as it helps people to think, dream, seek and visualize, but also let us be warned that we should not go around in circles, trying to attract what we visualize without making it happen before our journey is over.

If one has read enough of the Law of Attraction, one can sense that it has been misinterpreted. Thoughts are powerful but without Action they are meaningless. People tend to get carried away by the easy method of making dreams come true. They just believe in the law without going on a quest to realize the truth.

To conclude, Attraction is an important principle that is based on thought and visualization, but to call it a 'Universal Law' wouldn't be appropriate. We must not interpret that the power of visualization is so strong, that it will universally deliver to all those who do, the object of their visualization. It is erroneous to imagine that there is a Law of Attraction that is universally in force, that gives everybody everything that they seek, by following the Principle of Attraction.

Does the Law of Gravity exist, and does it work? Of course, it does! Anybody, anywhere in the world, can throw an object and see it pulled by gravity as per the principles of the law. This is what makes it a Universal Law. But to equate the Principle of Attraction to the Law of Gravity doesn't seem correct. The Principle of Attraction cannot deliver to all of humanity around the world, everything that they attract and visualize. This is impossible. However, there is a law that makes things happen. There is a Universal Law that works. If we look deeper into what makes dreams come true, if we find the missing piece of the puzzle of success and achievement, then we can use thought and visualization but implement the law that actually works.

Once we discover the *real* secret, we will realize the truth. We must look deeper within the Law of Attraction and analyze what it really takes for anybody to achieve anything in this world. We will then learn to think and to dream, to attract and to visualize, but go further with the real principle and law, to achieve whatever we want to achieve, be it wealth, health, relationships or just happiness. Let us discover the *real* secret of life.

Does the Law of Attraction work?
Those who investigate have a smirk.
They know that Attraction is a real Principle,
But it is not a Law that is Universal.

ESSENCE OF CHAPTER 2
DOES THE LAW OF ATTRACTION ACTUALLY WORK?

- Attraction is an important principle that can attract what we desire.
- Thoughts are powerful and will lead us to our dreams.
- Visualization can make us picture what we want and help us go forward in our achievement.
- But there is no Law of Attraction that will universally make our dreams come true just by manifestation.
- For a law to be in force, it must work for all, everywhere, every time.
- The Law of Attraction does not work for everybody, everywhere, all the time and so it cannot be called a law.
- We can compare it to the Law of Gravity, that is Universal, and that really works.
- Unlike Gravity that pulls down through a force anything that is thrown up, Attraction does not attract everything that everyone seeks.
- What then is the real Law of Achievement? How can one use the Principle of Attraction and a law that is in force that can actually make us achieve what we attract?
- What is the missing piece in the puzzle? Let us discover the real secret by looking within the Principle of Attraction.
- There is a law that makes Achievement possible. Let us look deeper to realize the truth.

CHAPTER 03

THE CYCLE OF ACHIEVEMENT

We all want to be achievers, but what is it that will cause our achievement? If the Law of Attraction was a reality, then everybody would achieve everything that they wanted, purely by visualizing and thinking of their achievement. But there is no magic. There is simple logic. It is a cycle. Let us try to understand it.

'Desire' is the starting point. For something to happen, we must want it to happen. If there is no thought of seeking something, then that is a different domain of life unfolding due to something beyond our control where things just happen. But for us to make things happen, we must have a deep, driving desire for those things. Desire leads to 'thoughts'. It is here that the Law of Attraction or its corresponding principle comes into force. The thought is crystalized into a visual that becomes our passion or obsession. We repeatedly visualize that thought as though it can be attracted by magic. But this is not what happens.

Thoughts create 'feelings', a state of emotion or reaction that inspires the body to act. Feelings create 'Actions'. It is Action that directly leads to a corresponding 'reaction' and results in the 'achievement'.

Kim was in college and was a fan of the Law of Attraction. She wanted to open the country's largest law firm. She thought about it constantly, even dreamt of it and visualized representing the country's President in his lawsuits. However, the thought chain did not cumulate to become feelings and Actions that could make the dream come true. While she visualized success, her friends led her onto a path of fun and pleasure, partying, socializing, driving on highways till late at night. This did not create the corresponding Action of the visualization that she started with. Every day, she would think, visualize and try to attract success, but every night, she would be drinking and dancing in another world.

What do you think happened? Her dream, visualization and Attraction of the legal firm could not take precedence over her Actions. Her dream remained a dream and there was no achievement whatsoever despite her passionate Attraction.

Roger was another fan of Attraction who kept attracting a car that he had seen in his childhood and had dreamt of owning it. Its doors that opened into the skies made his dream create a fire within. He had put pictures of the car everywhere in his room, in his bathroom, as his laptop wallpaper, and in his pocket. Be it a Toyota Sera or a Ferrari, he blindly believed in the Law of Attraction and was waiting for his dream car to come by when his father woke him up from his dream.

One day his father shook him up from such daydreaming and said, 'You can't just attract a car in your life, my son. If you really want

it, if your desire must materialize into the car, then get into Action,' he said. 'What should I do?' asked Roger. 'First of all,' said the wise old man, 'cancel your vacation that is planned next month with your friends and put that money as a down payment for the car. Then go to a bank and get a loan to buy the car. If you want the car, take up a job so that you can pay both the installments and enjoy your dream car.'

Roger followed his father's advice and made his dream come true. Something that just started as a desire, became an achievement, not just because of Attraction, but because of Action. If Roger had not taken the right steps and wasted all his savings on that holiday, he could have kept attracting his dream car, but it would have remained only a dream.

While Attraction has power, and visualization of a repeated thought does create a feeling that inspires Action, it is ultimately Action that leads to results. Even Action is of two types - it is working hard and working smart. But a combination of both is sure to fuel success.

People who visualize that they can just sit and attract success, sadly, will be disappointed if their Attraction just remains a dream. A dream needs a scheme, and then the required beams, and even a team to see the final gleam. Therefore, we should not be carried away by a law that by itself is an important principle but is not truly a law. There is no law that says, 'You will attract everything that you visualize and make

it real in your life.' Unless Attraction is converted into sensible Action, it will remain a poster on your wall till you die.

Remember Naomi and how her dreams were shattered? She thought that the Law of Attraction had gifted her with her prince charming. She dreamt of him, and spent several weekends with him. Little did she realize that he was not attracted to her! The problem was that she assumed the Law of Attraction had done the job for her. Her friend Jennifer, who also was in love with the same man, spent the entire week with him. She cooked his favourite food, sat beside him and watched his favourite television shows. She became a part of his life in every possible way. She confessed that she wanted to marry him. She planted seeds into his life that developed into roots and shoots. Naturally, the fruit was this much sought-after man, who ultimately walked out of Naomi's life to marry Jennifer. Naomi was heartbroken and Jennifer got the fruit of her efforts as she worked on her dream to make it true. One girl thought that Attraction would do the trick but the other used Action to realize her dream.

The world is competitive and everybody wants to be a millionaire. Who doesn't want to be a winner? Everybody wants the Grammy, the World Cup, the title of 'champion' and if the Law of Attraction was true, then we could all be champions by attracting what we want. Is it so easy to do so? The challenge is to follow up with hard work, to sweat it out. People are not able to commit and dedicate their time, their energy, and their life to the dream. They want it easy and fast!

That's how the world has seen the evolution of fast-food restaurants and two-minute noodles. People have lost patience. They want things fast and easy and Attraction is easy, Action is tough.

Unless we understand the cycle of achievement, and we realize that for the cycle to be complete and for us to go from one achievement to another, the key is Action, we will be left with a lot of Attraction in our mind, but no achievement in our hands. So, let us wake up to reality. Let us use the Principle of Attraction, the magic of visualization, the power of autosuggestion, to inspire passion in our feelings and trigger and fuel Action that will lead us to our destination and make our dream come true.

While many successful people may have emphasized the power of thought and endorsed the effect of Attraction, they will vouch for the fact that it was ultimately Action that made them who they are and caused money to go to their bank accounts. Many young people are carried away by the magical Principle of Attraction and think that it works independently. They think they can keep on attracting things. They believe that their powerful thoughts will create magical vibrations as they go out into the universe, and just like homing pigeons that fly in the sky and bring back many more birds home, their thoughts will attract all their success and lay it at their feet. They must wake up to reality and make the cycle of achievement work. Not only must they dream,

but they must create definitive plans. They must write down their goals. Then, like any goal that is backed by passion, their efforts will be directed towards that destination. Attraction is part of the cycle of achievement, no doubt! But without Action, it will remain a dream.

Achievement has a cycle,
Thoughts lead to Feelings and then to Action.
But your Dream will remain a Dream,
If you just stop at Attraction.

ESSENCE OF CHAPTER 3
THE CYCLE OF ACHIEVEMENT

- Who doesn't want to be an achiever? But achievement is not for everybody.
- Achievement is the result of hard work. You can't just dream of achievement.
- It all starts with a Thought.
- Thoughts become Feelings and Feelings lead to Action.
- It is Action that causes a Reaction and can create Achievement.
- Thinking, visualizing, and using Attraction are important steps in the process.
- Many young people believe that their powerful thoughts will create magical vibrations as they go out into the universe and their thoughts will attract all their success and lay it at their feet.
- However, believing that Attraction by itself will give Achievement is a myth.
- Not only must one work hard, but one must also work smart for success.
- Any successful person will vouch for that Attraction without Action doesn't create achievement.
- If you want your dream to come true, start with a thought, use the Principle of Attraction, but get into Action. This will complete the cycle of Achievement.

CHAPTER 04

IT'S THE LAW OF ACTION THAT WORKS

If one looks deeper into the Law of Attraction, one will discover that there is a hidden secret within it, an unbreakable law that is universal and from which nobody can escape. It is the Law of Action. Ironically, the word ACTION lies within the word 'AttraCTION', but we are more attracted to 'Attraction' and do not use the Law of Action to make our dreams come true. There is no doubt that the Law of Attraction will work if the Law of Action comes into force.

We may believe that it is the Law of Attraction that is working. No! Attraction without Action cannot work. But Attraction can create Action that can make anything happen.

Jeremy was a farmer, and he was very fond of mangoes. He kept wishing and hoping that his farm should be full of mangoes. So, he kept wishing for and attracting 'mangoes, mangoes, mangoes'. He thought of mangoes, dreamt of mangoes and visualized his entire farm to be full of mangoes. But there was not a single mango on his farm. One day, he read about the Law of Action and how it works. He realized that there can be no fruit until there is root and shoot, and this would depend on the seed that he plants. He got into Action and bought the best mango seeds. He followed the guided method of farming and soon, his farm was full of mangoes. Why did the Law of

Attraction not work for such a long time? Because his dream had no scheme. But the moment the Law of Action was realized, there was a gleam to his dream.

We must realize that the Law of Action is a law. It works for everybody, anywhere in the world. It is a direct law. Wherever there is an Action, it will lead to a reaction. Just like the scripture says, *'As you sow, so shall you reap,'* the Law of Action states, *'What you do, will come back to you!'* This is very different from Attraction which may or may not work.

Everybody who uses Attraction doesn't get the result, but everybody who uses Action gets the result, sooner or later. Yes, there is a factor beyond man's control, a factor unknown to man that may not let results be what man expects them to be, but most often, the Law of Action works. There may be a hundred farmers in the same county as Jeremy who keep on Attracting mangoes. Some may convert their Attraction into thoughts, feelings, and finally Action that works. But some may take their Attraction to their grave, with mangoes in their dreams and not in their farms. But if each of these farmers had used the Law of Action, if they, like Jeremy had bought seeds and followed the farming process, they would all be blessed with mangoes.

Unlike the Law of Attraction that may or may not eventually lead to achievement, the Law of Action always bears fruit. Therefore, it is the Law of Action and not the Law of

Attraction that works. No doubt, Attraction may act as a fertilizer and autosuggestion and visualization may help in creating an extra force in our Action, but by themselves, without Action, they are useless.

Somehow, there has been a lot of hype about the Law of Attraction. Just like the impact that a huge marketing glitz has, it has motivated people to believe that it works. But if you look deeper, you will realize that it is not the Law of Attraction that is working, but rather the Law of Action.

There is no doubt that it starts with thought. It is thought that triggers feelings that become Action. But we should not be naive to believe that thought, feeling, and Attraction will give us results. It is Action followed by thought and feelings that will make things happen. Because the Law of Attraction is so glamorous, and it has been endorsed by many successful people, many people blindly follow it. But they do not achieve success. If success could be achieved by just imagining, then all our dreams would come true and this world would be full of millionaires and billionaires. Beware! Many people in this world try to use the Law of Attraction but fail. Only a handful who put their thoughts into Action, convert their Attraction into results through hard work.

The Law of Attraction is a principle that may or may not work. It depends upon putting the principle in the right place and perspective. But the Law of Action will always work. It is

like the Law of Gravity. If you throw a ball, or your pen or your mobile phone up in the air, whether you are in New York or New Delhi or New Zealand, it will be pulled back towards the earth – such is the Law! So is the law of the seed and the deed. Whatever seed we plant will bear fruit if we provide the right climatic conditions. Our destiny too, depends on our deeds, just like the fruit depends on the seeds. Our Actions will create roots, shoots and the fruits that appear as the circumstances that unfold in our life. This has nothing to do with Attraction, but the deed that we planted. The important principle behind the Law of Action is that nobody can escape it, whoever you may be and wherever you may live. What you give in life is what you will get, and this is something you can't escape from. It is a direct Law of Action.

Those who believe in Action, don't just believe in it. They know it works! They see it working all around them. And at times if it doesn't work, they don't give up! Persistence makes them work harder till their Action bears fruit. They keep on keeping on believing in the Law of Action with faith, hope and trust. Their enthusiasm is fuelled by the unshakeable realization that the Law of Action will not fail them.

Have you ever seen the persistence of a stonecutter who has to break the rock? He hammers the rock one time, ten times, twenty times, but nothing seems to happen. He doesn't stop. He goes on till he hammers fifty times, sometimes, even a hundred times. Suddenly, after a few more blows, the rock

breaks into two. He knows that it was not the final blow that did it, but all that went before. He knows that faith and toil always work, that Action will get a fair reaction, and that his hard work will not be wasted. People like the stonecutter live in the real world. They don't just dream but do everything to make their dream come true. They don't just think and blink, but they put ink to make the dream work. Without Action, one may dream, visualize, and attract, but chances are, they would take these dreams to their grave.

The Law of Action has been around since time immemorial. It is as old as the earth, but the Law of Attraction is fashionable. It is only a figment of some people's imagination that you can keep on attracting something and achieve it. While the intent of people who propagate the law may be good, it may be misleading for some who spend their life trying to attract their dream. Instead, if these people discovered the real law that works, if they discovered the Law of Action within Attraction, they could put their hands to work and make it happen for themselves. If you want to endorse this, go in search and try to find one person in this world who achieved something purely out of Attraction without any Action. You may search hard, but you will not find anybody!

All those who seem to believe in the Law of Attraction, miss the essence that lies within it. It may seem to them that it was the Law of Attraction that was working, but they did not realize that it was Action that was bearing fruit. What is this

Law of Action? How does it work? What is this Universal Law that can give us whatever we want? It is known as the Law of Karma.

You may use Attraction all your Life,
But the result will be disappointment.
It is the Law of Action that works,
As you do will be your Achievement!

ESSENCE OF CHAPTER 4
IT'S THE LAW OF ACTION THAT WORKS

- While we may believe that the Law of Attraction works, it is the Law of Action that actually works.
- Attraction may help and boost Action, but by itself, it can bear no result.
- We may dream of mangoes and visualize the fruit on the tree, but without the seed, our dream will remain a dream.
- However, everybody who plants the seed, and provides the conditions required, will be blessed with the fruit.
- This is based on the Universal Law mentioned in the scriptures, *'As you sow, so shall you reap.'*
- Therefore, we must focus on Action, for it is Action that works not Attraction.
- For those who believe in the Law of Attraction, they must look deeper and find that within the word 'AttraCTION', lies the word 'ACTION'.
- While it may seem that the Law of Attraction is working, in reality, it is Action that is doing the trick.
- Thoughts, feelings, and Actions will lead to results for sure, but thoughts, feelings, and Attraction may visualize the result, but it will not go beyond our dream.
- It is the Law of Action that works.

CHAPTER 05

DISCOVER THE LAW OF KARMA

Karma is a well-known concept in the Eastern civilizations and while by itself it means Action, it has become popular around the world to denote the Law of Action. Therefore, when somebody says 'Karma', they are referring to the Law of Action.

Something happens in life, an accident, unexpected good luck, a tragedy or an unexpected reward, people echo 'Karma'. What does it mean? It means that the circumstances that are unfolding are not pure luck or serendipity. They are the result of past Actions that are appearing as reactions in our life. Those who understand the Law of Karma know beyond doubt that nothing in this world happens to us just by chance. It is the result of our deeds. It is just like the seeds that cause the flowers and fruits to grow in our garden. There would be no roses and no apples if we had not planted the respective seeds.

While the whole world is aware beyond doubt of this Universal Law that is based on the principle, *'As you sow, so shall you reap',* they have not discovered the true meaning of the Law of Karma. The law states, *'What you give, is what you get.'* Isn't it true that what you do comes back to you? Don't

you see kindness being returned by kindness in our lives? Don't we notice that just like a boomerang, what goes around comes around?

Why then, do some people question the Law of Karma? It is because they have not discovered the principle behind the law. They see bad things happen to seemingly good people, and they question, 'Why do bad things happen to good people?' They don't realize that bad things can't happen to good people, just like apples can't grow on mango trees. It's time to discover the Law of Karma!

Mrs. and Mr. Jones lived a pious life. Not only did they believe in God and spent their time in prayer, but they also used to go and serve suffering humanity every week, with different social service groups. They had two lovely children – Tom and Susan, who were in their teens. They were a very happy family.

One day, their son, while swimming with his friends in a nearby lake, drowned. They were devastated. They folded their hands and asked God, 'Why? What wrong have we done that you took our boy away from us? He was a young innocent boy!' Their tears found no answers and their faith was shattered. They even stopped going to serve the poor, as they could not decide whether God was cruel or so helpless, that he could not save their only son.

Mrs. and Mr. Jones's life lost the sparkle it had. Just as they were mourning the loss of their son, they received the sad news that their

daughter had died in a car accident! They were shocked beyond words. They couldn't believe it! It seemed that their entire world had come to an end. They shut themselves in their home for several months till one day, a dear friend brought a monk to their place. With eyes that seemed to have lost all their tears, they asked the monk, 'What kind of world is this where both of our children have been taken away from us? What wrong have we done?' The Spiritual Master replied, 'Karma is a law that we cannot escape from. It doesn't let us escape even after death. It records our past deeds and redeems both our sins and our acts of service, compassion, and love.'

'Nothing happens by chance,' the Master explained, 'God is neither cruel nor helpless. We have to surrender to Karma and accept the Divine Will that unfolds. Whatever happens in this world, is not luck, fate or serendipity. It is the deeds that we have already done that unfold in our life.' He tried to explain to them that we must accept the Law of Karma because we don't have a choice. If there is something we have done, Karma will ensure it is settled.

The Law of Karma is very simple. Our birth is a result of our past Actions. It is not because of luck, or because God decided so. There is no injustice done to the child who is born blind. It is not because God is unfair that some of us are born in poverty, while some in the lap of luxury. Our birth depends on our Karma. What is this Karma?

Karma means Action and none of us can escape from performing Actions. As we live, we are constantly

performing some deeds. They may be good or bad. These deeds are being recorded. While it may seem that it is the body that is doing the deed, the reality is that the body is driven by the ME, the Mind and Ego. Similarly, whatever is happening to us, to our body, mind, and ego, is the unfolding of Karma that we have accumulated. We must observe that two things are happening. First, our past Karma or Actions are unfolding as our present life, and our circumstances, moment after moment. Second, we are creating new Karma through our free will, our mind and intellect, through our Actions.

Karma, therefore, is a dynamic account and includes an opening balance, a continuous debit and credit based on our actions, and a closing balance that takes all of this into account. For those who don't understand accounting, our previous pending Karma is bearing fruit in our present life. Our present Actions, good and bad, may result in what happens in our life on a day to day basis or be rewarded and saved for the future. However, all our Actions, our Karma that are not settled, must be settled. This is an ongoing and continuous process.

One day, the body will die, as death is certain. But only the body dies. The ME, Mind and Ego, along with its unsettled Karma, its pending Actions, is reborn in a new body. While there is no direct proof of it, we infer this just like we infer the Law of Gravity. If there were no Law of Gravity, then the

apple that we threw up in the sky should have floated into the clouds but instead it fell down. Why? Because of Gravity. Even though there is no proof, we believe in the Law of Gravity through inference. Similarly, by inference, we believe that the unsettled deeds of the ME result in an appropriate rebirth that it takes in a new body.

The Law of Karma continues life after life. The account is not closed but is carried forward. The body enjoys the Karma of the ME, Mind and Ego, during its lifetime. It is born based on past Karma, and it lives based on both, past and present Karma. But when the body dies, its Karma is carried forward into the ongoing account of the ME, the Mind and the Ego. This unsettled account of Karma becomes like a corpus, a fixed deposit, a warehouse that accumulates all the unsettled Karma, or the closing balance as each life ends.

Therefore, we cannot escape from our Actions. Such is the Law! Whether it is good or bad, whatever is our deed, it is recorded and it is redeemed. It may be redeemed in this lifetime, but if it is not redeemed in this lifetime, it will become our destiny in our future life. Those who understand the Law of Karma, do not sigh, 'Oh my God!' when a tragedy befalls them. They become conscious that it is Karma unfolding. They realize the truth that nobody can escape from Karma.

Sometimes, we see cruel people, buffoons of this world being

rewarded by nature with undeserved gifts and we wonder, 'Why?' and 'How?' This is because we have not discovered the Law of Karma. What is unfolding may not be the fruits of the seeds planted in this life, but rather the deeds that were performed in a previous life in a different body that is bearing fruit, because the ME - Mind and Ego, is the same. It is carrying forward its unsettled Karma, in this new chapter of life. Therefore, nobody can escape from their Action, be it good or bad. Some people wonder - how are the Actions of 8 billion people controlled by Karma? They don't realize that within each human being, lies the Karma controller. It can be imagined as you and me having an audio-video recorder that is recording every Action of ours and then, creating an automatic reward that appears to be our destiny or luck. Thus all unsettled Actions are recorded within us, and the ME, the Mind and Ego, receives its rebirth, based on its outstanding Karma, its positive or negative balance. Those who understand the Law of Karma and believe in it, vouch that everything in this world is based on Karma. They even understand that while the Law of Attraction has no direct connection with achievement, so also, good thoughts and evil thoughts do not bear fruit, unless there is an Action.

The Law of Karma is purely based on Action and thus, those who discover the Law, move beyond the Law of Attraction. Thoughts and visualization are a part of the process of life. But they do not determine our destiny. Therefore, if we have an evil thought, but we use our willpower and intellect and

defeat it before it becomes an Action, it is not recorded by Karma. Just as we may have some amazingly good thoughts to help or serve others, but if they remain as ungerminated seeds in our mind, they will bear no fruit. The Law is clear – it is the Law of Action and Reaction. It is the Law of Cause and Effect. We will reap what we sow, not what we think and not what we attract.

Those who understand the Law of Karma, understand life and death and what makes the cycle go on and on. But only a few are lucky to understand the A to Z of Karma. Not only do they look deep within and discover the Law of Action within the Principle of Attraction, but they also find a way to transcend Karma and to overcome all misery and sorrow known to man.

Karma is a Universal Law,
What you sow is what you shall reap.
Your good deeds will bear fruit,
And for your sins, you will weep.

ESSENCE OF CHAPTER 5
DISCOVER THE LAW OF KARMA

- The Law of Karma is the Universal Law of Action and Reaction.
- It is a simple Law which states, what you do, will come back to you.
- It works like a boomerang, what goes around, comes around.
- The Law of Karma is purely based on Action and thus, those who discover the Law, move beyond the Law of Attraction.
- Nobody can escape from this law, whoever you are and wherever you may be.
- Karma is performed and experienced by the body but is recorded for the Mind and Ego, ME.
- The body dies, but the pending Karma is carried forward by the Mind and Ego, ME, to be reborn in a new body.
- Our birth is not by chance or luck but is based on the carried forward Karma of the mind and ego that is reborn.
- Those who discover the Law of Karma understand that there is nothing like luck. They realize, everything that is happening in life is the past Karma unfolding.
- They look deep within the Law of Action and discover the way to transcend Karma to escape from the cycle of death and rebirth.

CHAPTER 06

DEATH AND REBIRTH

The Law of Action and the Principle of Attraction, reveal the presence of Karma and lead us to the contemplation of death and rebirth. When we evolve to understand the depth of the Law of Karma, and we realize the simple fact that apples don't grow on mango trees, that in itself is proof that what we sow, we reap. The deeds we plant appear as our destiny. But we can only infer this.

What is inference? It is using observation to reach a logical conclusion. You observe something and then, you contemplate what you see and come to a conclusion. You observe an apple doesn't fly in the sky, but it is pulled down back to earth. When you ask the question, 'Why?' you infer that there must be some force that is pulling the apple down, otherwise, it should have gone off into the sky. This force is inferred as Gravity.

Somebody was alive. In a flash he is dead. What happened? There is no proof but we infer that the life inside has left. We call it death. People may say that he passed away or moved on, without realizing who and what departed. But one thing is sure - his body is dead. It does not, unlike when we are asleep, wake up after death. When the doctor checks the body

and declares death, we infer the person departed. Where did the person go?

Just as we infer that the one who was alive died, and has departed to some other destination, we also infer that birth is not magic, luck, serendipity or chance. Somebody is born into a rich family and someone in poverty. Somebody is born healthy and somebody blind, deaf, and dumb. Why? Is the Creator cruel? Is the Creator incapable? Thus, we infer it to be the Law of Karma in Action. Birth may be of a new body, but the one who is reborn is the ME - Mind and Ego, that carries its cumulative Karma and causes this rebirth. There is a combination of inferences that together lead to the conclusion about death and rebirth.

It is obvious that birth is not a random phenomenon, but is rather the rebirth of Mind and Ego, ME, based on the law, 'As you sow, so shall you reap'. The principle is logically understood because all of our Karma is not settled before we die. The unsettled Karma is carried forward by the one who was alive, the ME, Mind and Ego, and this causes the rebirth. If one puts the pieces of the puzzle together, then one understands the following:

1. That the Law of Karma or Action exists and we see it unfold every day in our life.
2. That death is certain, but when we die, all of our Karma is not settled.

3. Only the body dies and the one who was alive, departs or leaves the body.
4. That is why we cremate or bury the body.
5. The one who was alive at death, carries unsettled Actions that must be redeemed. To redeem Actions, the ME, the Mind and Ego, takes rebirth.
6. When birth happens and both good and bad circumstances unfold, we infer that it is the unsettled Karma of the one who was alive, who is now reborn in such circumstances to settle the past Karma.
7. This cycle of inferences clearly concludes the reality of death and rebirth.
8. Science may or may not agree to this inference and thus it is trying to prove, through logical scientific experiments how a four-year-old child can remember the entire scripture, how an animal that is thrown into the water can swim, how new-born creatures know how to eat, drink and to respond. While we may call this instinct, some infer that the bodies may seem to be new-born infants, but the one who is alive is aware of his Actions, endorsing that this is not a fresh birth, but rather a rebirth.

These points are convincing enough that rebirth is real.

There have been cases where young children in freak instances remember certain things about their previous life. Universities around the world are continuing their research to

document proof of rebirth.

While this continues, what is our interest in the subject? Our focus is whether it is the Law of Attraction or Action that is working. Our focus is on achievement and how the Law of Karma actually works. Death and rebirth only endorse the validity of the Law of Action, the Law of Karma. Not only does the Law of Action and Reaction work during our life, but it also continues after our death.

Our new journey, our new chapter in the book of life is not a matter of chance. We choose our birth and our fortune, unlike some people who believe that God is sitting on a distant planet and deciding our next birth. The Creator has created certain Universal Laws and one such law is the Law of Karma. Based on this law, our own Actions not only determine the Attraction of our destiny but also decide the fate of our life. There is no doubt that this law operates on earth and is universal.

These Universal Laws are in force and it only needs us to open our eyes to see the existence of the Law of Karma, the Law of Gravity or the Law of Cycles. Aren't we sure that the earth is rotating, as if by magic, once in 24 hours? Do we doubt that there is a revolution of the earth around the sun once in 365¼ days? What is the proof? Day and night are enough proof by inference that the earth is rotating. Summer, autumn, winter, and spring are a proof that these seasons are

caused both by the earth's distance from the sun and the tilting of the earth on its axis.

But all this is happening on earth and our understanding and accepting it is only based on inference. Nobody has taken a measuring tape and gone into outer space to measure the same. All technological and scientific progress in the world today is largely based on inferences – logical conclusions made after proper observations. So, do we believe that the earth is rotating on its own axis? We infer that nobody is pushing it round and round. Through logical thinking, we have concluded that it is not true that the sun rises and sets although it appears so. The sun is still and due to the rotation of the earth, we enjoy magical sunrises and sunsets. Anybody can be fooled into believing that the earth is still, and the sun is moving from east to west.

This makes it sufficiently clear that our body is mortal; it is certain to die. At death, the one alive departs. The ME, Mind and Ego, is reborn in a new body based on the Law of Karma. This detailed inference helps us understand beyond doubt that the Law of Action or Karma is a Universal Law that unfolds on earth, day after day. This law operates on universal natural principles and nobody can escape it. This is the Law of Action and not Attraction. The Law does not state that you can attract your destiny, attract good health, attract the sweetheart of your life, or wealth and happiness. We are convinced beyond doubt that all this depends on the Law of Action or the law that

not only works during our lifetime but also even after our death. It is this law that controls our rebirth on earth.

What does the Law of Action reveal? The Law of Karma unveils the real secret if only we look deeper to realize the truth. While Attraction may lead to Action, we must not forget that it is Action that will cause the reaction, not Attraction. It is the Law of Action that will determine our destiny, not just in this life, but even in a life that we will be born into after death. Do we want to choose our destiny? We can!

Death is only of the body,
Death is not the end.
The ME - Mind and Ego that was alive,
Takes rebirth when we reach the bend.

ESSENCE OF CHAPTER 6
DEATH AND REBIRTH

- Death is certain, but only the body dies.
- Because the one who was alive leaves the body, we bury or cremate the dead body.
- Where does the one who was alive go at death?
- Through inference, we believe that death is not the end, it is just a bend.
- The one who was alive has unsettled Actions that must be redeemed.
- Thus, while the body dies, the ME - Mind and Ego is reborn in a new body.
- Rebirth is not a random act of luck or chance. It is caused due to Karma.
- While it may appear to be an innocent young child that is born blind, it is Karma of the ME - Mind and Ego, within that causes this.
- Thus, birth doesn't depend on luck. It depends on our past Actions or Karma.
- It is the Law of Action, not Attraction that causes the result, not only during our life but also even after death.
- Death and rebirth, understood by inference, reveal the presence of the Law of Karma.

CHAPTER 07

CHOOSE YOUR DESTINY

We have discovered a profound secret – we can choose our destiny. There is a way for us to choose what will unfold in our life tomorrow. We have learnt how to plant deeds that will bear the fruit of our choice. We have discovered the Law of Action, the Law of Karma.

How does it work? While we can do nothing about what is unfolding in our life today and it will continue to unfold because of the seeds that we had planted in the past, one day, this will ultimately stop. All our past Actions will bear fruit that is appropriate to what we did, good or bad. But when all our past deeds are redeemed, then what?

Whatever are our present Actions, they become seeds that we will be planting for our future. Our Actions are like seeds. Do seeds that we plant immediately bear fruit today? No. So it is with our Actions. Our Actions will germinate into roots, and then shoots and ultimately fruits. This is the Universal Law. We cannot escape it. If we plant good deeds, our destiny is sure to be peaceful and blissful. Such is the Law of Action.

However much we may chant the mantra, 'Success, money, achievement,' and however much we may try to attract this to

be the destiny of our life, it cannot be. Our destiny is not controlled by the Law of Attraction. Attraction has to become Action. Visualization of planting the seeds will not bear fruit. It is simple logic, don't expect magic! Don't just believe that whatever you attract, you will receive. If thoughts do not become Actions, they will not germinate and unfold as the destiny of our choice, but Actions will.

The Law of Action is a Universal Law. What we don't understand is that it is a cycle. You don't get the fruit of the seeds you plant today. So also, your destiny doesn't unfold instantly as per the deeds you do today. But remember, the Law of Action makes no mistake. Your destiny of today is not connected to luck, chance, or serendipity. Whatever is happening in your life today, is the result of your past deeds, your Actions. Do not even imagine that there is something called luck. You pluck that fruit depending on the seed that you planted in the past.

Would you believe if somebody told you that there are oranges in your garden which have come by magic? 'Nobody has planted any seed,' you will scoff at it. You know for sure that oranges can't appear without seeds that should have been planted. Why then do you believe that you can just attract the destiny of your dreams? Why do you doubt that you have control over your destiny? Everything in this universe unfolds as per Divine Universal Laws. The earth rotates precisely once in 24 hours causing day and night, just

as it revolves around the sun in 364 ¼ days. This is the Universal Law of Cycles. Nobody can change it. So also, nobody can interfere with the Law of Karma - As you sow, so shall you reap.

We can, in fact, call the Law of Karma, the Law of Destiny. We are in command of our own destiny. Our destiny is the result of our Actions. We can choose what will unfold in our life tomorrow, just as we can decide whether we want roses, sunflowers or tulips in our garden. We can't chant, 'Tulips, tulips, tulips,' and visualize them to appear. Then, they will appear, but only in our dreams! For them to really appear in our garden, it needs Action. But once the Action is performed, we need no Attraction and visualization. We need Action, Action, and further Action.

The Law of Action is also known as the Law of Action and Reaction. For every Action, there is a corresponding reaction. This holds true for our destiny too. Our destiny is only a reaction. How do we control it? By controlling our Action.

Stop! Do you want to choose your destiny? Then, choose appropriate Actions. Just as you choose appropriate seeds to choose what grows in your garden, choose appropriate deeds – what you want to flow as your destiny. Destiny is not a matter of chance. It is a matter of choice. All it needs is for us to understand the Universal Law of Karma, 'What we give is what we get.' It is the law of the boomerang – what goes

around, will come around. Do not expect a different effect out of the same cause.

Do you really want to change your destiny, your present circumstances? Then, remember this, if you keep on doing what you are doing, you will keep on getting what you are getting. If you want to change what you are getting, change what you are doing. What you give is what you will get. Such is the Law, the Law of Destiny and nobody can escape it.

Don't be surprised as to why bad things are happening to good people. Bad things can't happen to good people, just like tulips don't appear on rose shrubs unless we plant tulip seeds. If something bad is unfolding in somebody's life, remind yourself that they have chosen their destiny. These are the past deeds that are bearing fruit today. We can do nothing about it. But we can change our future.

We can't change our past Actions, and thus we can't change our present circumstances. But we can change our present Actions and our future circumstances. We cannot control our destiny of yesterday, but we can change our destiny of tomorrow. What will appear tomorrow, depends on what we do today. Such is the Law of Destiny, the Law of Karma, the Law of Action. Don't be carried away by the Law of Attraction.

Attraction and visualization can only assist in inspiring Action. It can do nothing more than that. It cannot cause a

reaction. It cannot control our destiny. Nobody in this world can control their destiny through Attraction. But anybody can control their destiny through Action. It is a simple law, so simple that we forget to implement it in our lives. We want to control our destiny, but we don't take the appropriate steps. We want the easy way out. Instead of brewing a good cup of coffee, or driving to the nearest Starbucks, we keep dreaming of coffee and hope as if by magic, it will appear on the table. Why can't we rather get up and get ourselves a great cup of coffee?

Some people keep on visualizing that somebody must bring them roses. They don't get up and pluck a bouquet of their choice. We are all gifted with the ability to act and to choose our Actions. It is these Actions that will determine our Destiny. Too many people believe in luck. They go to astrologers and palmists and even wait for a parrot to pick their destiny card. They get fooled into believing that their destiny is predetermined. They don't realize the truth.

Life is like driving a car. We can't change the road. It is already paved. But our car is in our hands. We can drive fast or slow, turn left or right. We can do what we want. We can't change the road, but we can choose our destination. We shouldn't believe superstitions and let the fascination of something like Attraction determine our destination. We should use our intellect, a GPS, a roadmap and decide where we want to go, when we want to go and when we want to

reach there. Then we should take charge of the journey and drive safely. Similarly, we can't change the road of life that will appear, but we can choose our destination. We just need to control our Actions.

Rita believed in fate. She often visited astrologers to understand what her future was going to be. She believed that she would attract, not so much through Attraction, but as per the constellation of the universe. The movement of the stars, according to her, would decide the movement of her destiny. She would also visit palmists and show the lines on both her palms so that they could foretell her future. She was a staunch believer in serendipity, and used to think that Action has little to do with her life. According to her, the destination depended on the stars.

One day, on Rita's visit to a little village in India, she had even met a fortune-teller whose parrot had picked out her destiny from a pack of cards after it was fed food-grain. She spent her life trying to understand her fate rather than walking to heaven's gate! One could often hear Rita murmur the words, 'Bad luck' or 'What luck!' when misfortunate or good luck unfolded in somebody's life. Rita never realized the meaninglessness in surrendering to people who could foresee her destiny through a parrot, lines on her palm, or stars in the sky. She reached the end of her life, spending her time and money trying to decode the mystery of life.

Instead of using Action to reach her destination, she tried to decipher what fruit would come on her tree based on astrology. Rita

suffered, what one could call, a paralysis of inaction which she chose due to her belief in fate. To her, her suffering was predestined and was based on the lines on her hand when she was born.

We can get to any Destination,
It all depends on the Choice of Action.
We shouldn't depend on the fascination of Attraction,
Else, we will head in the wrong Direction.

ESSENCE OF CHAPTER 7
CHOOSE YOUR DESTINY

- Our Destiny doesn't depend on luck. It depends on our Actions.
- Attraction and visualization can only assist in inspiring Action. It cannot cause a reaction.
- Whatever is unfolding in our life today, is because of past Actions.
- If we control our present Actions, we can control our Destiny.
- You cannot visualize tulips in your garden if you plant roses. As you sow, so shall you reap.
- The Law of Action is the Law of Reaction. It is the Law of Destiny.
- Do you want to change your destiny, change what will happen tomorrow? Then change your Actions of today.
- If you keep on doing what you are doing, you will keep on getting what you are getting.
- You can choose your destination, but remember, life is like a journey. You can't change the road, but you are in control of your car.
- Don't let the fascination of Attraction paralyze you in superstition.
- Let your Actions help you choose the destination of your dreams.

CHAPTER 08

OVERCOME THE TRIPLE SUFFERING

Every human being seeks happiness. We want to attract those things that will give us joy and bliss. Nobody wants to attract unhappiness. But whether we like it or not, every human being experiences suffering. Nobody who is born on earth escapes from misery and sorrow.

We human beings experience 3 types of suffering. We suffer the physical pain of the body; we experience the misery of the mind and we are suffocated by the agony of the ego. Who hasn't experienced this triple suffering? Right from the time we are born, we go through all aches and pains and we suffer. In today's world, there is enough medication to overcome physical pain and suffering. Far more than the suffering of the gross physical body, is the misery experienced by the subtle mind. The mind is constantly thinking. It thinks up to 50,000 thoughts a day. It is this overthinking that causes us stress, worry, and anxiety. We live with regrets of the past and fears of the future and we constantly suffer. While even science has not been able to find the mind, it has established psychiatry that trains physicians to diagnose and study mental disorders and prescribe drugs to prevent psychological illnesses. Several people are so mentally ill, that they have sleepless nights and need tranquilizers. Some

even become violent due to mental stress. All this is caused by the mind. Who doesn't suffer some or the other affliction of the mind?

Then, there is the suffering of the ego. In fact, it is the worst of all sufferings. We rage with anger and we burn in jealousy, just as we live utterly miserable lives as prisoners of hate and revenge. All this is experienced by the ego that thinks, 'I am me and you are you.' Because of our deep ignorance, and the influence of the cosmic illusion, we normally suffer due to the ego. What has this triple suffering of the body, mind, and ego got to do with the Law of Action or the Principle of Attraction? If we look deeper into what we are trying to attract in our lives, we will realize one profound truth.

Whatever you and I are trying to attract in our lives and whatever be the destiny we are trying to reach through our Actions, there is one thing that we are all heading towards - Destination Happiness. No normal person in this world seeks to be unhappy. Everybody wants happiness and we all experience happiness. However, life is like a merry-go-round and we constantly pass joy and sorrow in cycles. We experience pleasure and pain, just as there is sun and rain, and loss and gain. This cycle happens again and again and one day, life is over! We are all busy in the pursuit of happiness, but not many of us learn the art of being happy. It is a rare art and only a blessed few attain this ultimate goal of life.

More important than achieving the state of happiness, experiencing pleasure and peace, is escaping from suffering. However much we Attract happiness and whatever be our effort to actualize our dreams and goals, the happiness that we attain is chequered with unhappiness, disappointments and failures. We are constantly suffering and most of us spend our life dealing with this triple suffering of the body, mind and ego. While we may use the Principle of Attraction and the Law of Action to give the much-desired happiness that we seek, it is unfortunate but true that we all suffer the triple suffering once we take birth on earth.

Wouldn't it be great if there was a life of pleasure and no pain? Wouldn't it be amazing if we could find a way to live a life that saw no suffering? Would anybody seek anything else if they found a way to transcend suffering of the body, misery of the mind, and agony of the ego? Then, life would be a seamless journey of bliss and joy, moving from one moment of happiness to another. There would be no need to attract anything because we would already be enjoying that state of eternal bliss. We wouldn't be setting goals and dreaming of a destiny if we already enjoyed a life that had bliss, full to its brim. While there is a way to eternal bliss and happiness, not many of us know of this truth and a rare few realize this state of being. The others, continue in the roller coaster of life, seeking excitement and pleasure, just as they try to escape from misery and pain.

Sarah had read many books on the Law of Attraction. She was also an ardent follower of Karma. Though she lived and grew up in the West, she knew more about Karma than most people who lived in the East did, where the doctrine was born. How did Sarah deal with her suffering, her dreams and wishes, and her varied beliefs? Sarah learnt to overcome her suffering, adopting a balanced approach. Like anybody else, she had her dreams to fulfil. She wanted to travel the world, so she visualized playing with the penguins in Antarctica and swimming with the dolphins in the Maldives. She had sketched pictures of paragliding from the Swiss Alps and driving through the waterfalls in Iceland. Sarah realized that there was no point in being miserable and cursing her luck for being unable to travel the world. However much she attracted, what she visualized - she only saw it on the video-sharing platforms.

One day, she found a way to make her dream come true. She took Action. She got in touch with a travel agent who conducted nature tours and she coordinated with a few others who needed a travel guide to navigate through Antarctica and Alaska. Her Actions bore fruit. She now replaced the sketches of the penguins on the glaciers with her own photographs and her personal experience on a cruise ship. One by one, she visited all the countries that she had dreamt of and visualized. She now trusted her Action more than Attraction.

One day, she slipped while paragliding and fractured her right leg. She did not curse her bad luck. She had learnt that everything in life unfolds by Karma. Despite taking all precaution, she was locked in her house, confined to her bed for weeks. What did she do? She did

not curse her hurts or rehearse them, nor did she attract her cure. She had a physiotherapist and an orthopedic expert to work on her recovery, just as she worked round the clock planning her Scandinavian cruise and learning about Greenland. Sarah focused on what she had left, not what she had lost. Though she lay in pain on her bed, she never experienced suffering because she was excited about what she was soon going to do.

Sarah lived with faith, hope, trust, and enthusiasm, realizing that pain is like a zooming train. Though it comes, it never stays. It moves on. Sarah did something far more profound. She spent her hours in bed, reading the philosophy of saints and she started her quest to Realize the Truth about life. Although her accidents would make any normal person curse, she decided to reverse the unfolding of her Karma, by using her time in doing, rather than dreaming of things to happen. Even before she knew it, her body healed and she was out of the door - as a more evolved and transformed human being.

There is a way to escape from suffering, but not many of us stop to introspect what the cause of the suffering is. Whatever is happening in our life, we have already learnt, is not luck or chance that unfolds due to the wish of the Creator. Everything that is happening is the result of our own Actions. Therefore, if we are suffering today, we must learn to accept it and deal with it with a Karmic attitude. We must realize that these are the fruits of the deeds that we have planted, and we must celebrate that we have redeemed our Actions of the

past. Then, there will be no suffering. We must live with the realization that everything that happens in this world, is unfolding as per the Divine Law of Action and Reaction. We must not suffer from what is happening. Rather, we must accept it and do our best to overcome our suffering.

Once we live with the Realization that we cannot escape from the Law of Cause and Effect, we will joyously accept life as a drama that is unfolding on the earth stage. We will live as actors doing our part and observing the show, till it is ultimately time to go. Those who are able to realize the truth of the Law of Karma, overcome a large part of their suffering as they live with surrender and acceptance. While they cannot do anything about what is happening, they keep planting positive deeds that will become seeds for a better future.

However, there are the seekers of truth who go beyond just living with the Law of Karma. They ask questions and investigate till they realize the truth. Not only do they accept and surrender to whatever is happening in their life as Karma, they learn to transcend the suffering. When there is physical pain in the body, they take the required medication to overcome such pain. When there is misery in the mind, and it is full of fear, stress, worry, and anxiety, they spend time in silence and introspection. This state of meditation helps them to calmly transcend the mind. They realize that FEAR is a False Expectation Appearing Real, just as they try to

overcome anxiety attacks caused by the mind. They realize the agony has been caused by the ego and they go in quest of finding a way to overcome it.

These people realize that nobody on earth can escape from suffering. Our old carried forward Karma of several lives will somehow make us suffer, just as our new Karma may give us a bouquet of roses but will also have some thorns. These people realize that this cycle of Karma and rebirth will continue again and again. They go in quest of liberation from this cycle. They try to attain the ultimate goal of life where they are free from all Karma. Is this even possible? Is there a way to escape from all suffering once and for all? Is there a way to completely overcome the triple suffering experienced by all human beings? Yes, there is! This is the ultimate goal of our life. Let us find a way to it.

We all Suffer the Triple Suffering.
We cry when the body experiences pain,
The mind creates stress, worry and fear,
And the ego becomes angry again and again.

ESSENCE OF CHAPTER 8
OVERCOME THE TRIPLE SUFFERING

- Everybody who is born on earth experiences the triple suffering.
- Whether we use the Principle of Attraction or the Law of Action and we attain happiness, we can't escape unhappiness.
- Life is like a merry-go-round. We experience pleasure and pain again and again.
- We suffer pain of the body, misery of the mind and agony of the ego.
- This triple suffering is not unfolding by luck. It is our own Action coming back to us.
- Therefore, we must learn to accept all suffering and surrender.
- Those who understand the Law of Karma, celebrate that the Karma has been redeemed.
- As they experience the negation of past Karma, they plant seeds for a better future.
- However, our carried forward Karma may be of several lives and thus, we can't escape suffering.
- A rare minority goes on a quest. They try to attain the ultimate goal and transcend the triple suffering.
- These people realize that this cycle of Karma and rebirth will continue again and again. They go in quest of liberation from this cycle.
- They try to attain the ultimate goal of life where they are free from all Karma.

CHAPTER 09

THE ULTIMATE GOAL OF LIFE

What is the Ultimate Goal of life? Somebody wants to be a billionaire while someone else, a Formula One racing champion. A pretty girl wants to win the Miss World crown and there are people who want to be the President or the Prime Minister of the Nation. Most people in this world are trying to achieve something. Why? Because we are taught that achievement is happiness. In the final analysis, every human being wants to be happy. The final objective of all achievements is bliss and joy. That is why we wish people a 'Happy Birthday' or a 'Happy New Year'. We never wish people misery and sorrow, because nobody wants to be unhappy. It is a universal desire of all human beings to achieve that state of eternal bliss.

It is to achieve this ultimate bliss of life that man believes in the Law of Attraction. Man reads that imagination and visualization that becomes repetition will create Attraction. There is no doubt that these light a fire of passion and become an obsession. But nothing will happen without Action. We have already concluded that it is Action that will lead us to our desired destination. We have even studied the Law of Karma, the Law of Action and Reaction and realized that death is not the end, it is only a bend. When the body dies, the

Law of Action will make us return again and again.

So, is this what life is all about – that we will go through the cycle of pleasure and pain, and experience loss and gain, and this will be repeated again and again? Whether we are choosing the Principle of Attraction or the Law of Action, what is our ultimate goal? Death is certain. Nobody can escape from destination death. Then, what is this desire and Attraction, Action and reaction all about?

The moment we are born, we experience the triple suffering. Nobody can escape it because even though there are good Actions, inadvertently there will be other Actions that will make us suffer. The problem is we cannot escape from Action. Anybody who is born must act, must do things to live and this Action causes a reaction, leading to both joy and sorrow in this journey called 'life'.

What is the ultimate goal of life? Our ultimate goal is to escape from this cycle of death and rebirth. Realization of the Truth can help us attain liberation from the triple suffering that we all experience on earth. While nobody can have freedom *from* Action, is there a way to experience freedom *in* Action? While we are alive on this planet, is there a way to escape from all misery and suffering?

The good news is that we can! We can attain a state of eternal joy and everlasting peace. However, to attain this state of

Ananda or *Nirvana* - ultimate happiness unknown to common man, we have to take the road less travelled. We have to go against the popular belief that it is desire that will take us to our destiny, that it is achievement that will give us fulfilment. This is a myth and we must overcome it if we want to attain the ultimate goal of bliss, joy, and peace.

But what is the way to destination Happiness? If we cannot escape from Action and Action will lead to reaction, and this will be a combination of being glad and being sad, then what is this magical way of heavenly bliss that knows no misery and sorrow? What is the Realization that will give us liberation from the triple suffering that everyone who takes birth on earth has to experience?

The secret lies in understanding the depth of the Law of Karma. It lies in discovering a way of escaping Karma. Although we are alive, and we are acting all the time, it is discovering the secret of transcending Karma and escaping from the cycle of Action and reaction which is the very basic principle of the law. How does one do this?

To escape from Karma, reaction and suffering, one has to go on a quest to understand who is the one who suffers and who is creating the Action. It has nothing to do about Action and Attraction, but rather, to do with Liberation from misery and sorrow. Who is the one who is experiencing pleasure and pain? Who is the one who will be born again and again? We

see that the body dies after this journey called 'life' and enjoying the roller coaster of being glad and sad. But we are born again based on our Karma. The ME, the Mind and Ego, returns in a new body to suffer. Therefore, the Karma belongs to both the body, as long as it is alive, and the ME - Mind and Ego, life after life. The body is just an instrument, driven by the Mind and Ego, ME. It is the one that does the Karma, and also experiences the results of the Actions but the real doer and the real experiencer is the mind and ego. While death makes it certain that only the body dies and it is the ME, the Mind and Ego, that flies, realization makes us understand that we are not even the mind and ego.

Have you ever seen the mind? You can find your nose, eyes, your hands and your feet. You can even find a picture of your heart and your brain, but you can't find the mind. This is because it doesn't exist. The mind is just a bundle of thoughts, and because we are ignorant, we believe that we are the mind and ego, that is reborn. In fact, it is the ego that is the principal cause of suffering throughout life. We keep saying, 'I', 'me' and 'mine', and we become attached to people and possessions. We never go on a quest to realize the truth, we don't ask the question – Who am I?

If we contemplate, the body is constantly changing, and at one time, it was a baby that was just born, and prior to that, it was alive as an embryo in the womb. Life started 9 months ago when two cells fertilized to become a zygote. Am I this

body of today, the body when I was a kid, a baby when I was born, an embryo or a zygote? One day this body will grow old and ultimately die. Then, people will cremate my body or bury it. Who am I, if I am not this body that starts as a fertilized cell and ends up as ashes in an urn?

People who believe in the Law of Karma realize that we are not the body. We are the ME - Mind and Ego, that is reborn as per Karma. But where is the mind and ego? The mind and ego do not exist. While they seem to exist, this 'ME'- the Mind and Ego, is not who I truly am. When we go in quest of the truth, then we realize that neither are we the body that suffers physical pain nor are we the mind that becomes miserable, nor the ego that is agonized. Then, who are we? We are the Power, the energy, the life inside. We may call it the Spirit, the *Atman* or the Soul, but to realize we are this, is our ultimate goal.

The moment we realize we are not the body, mind or ego, we are liberated from all suffering. Realization that we are the Divine Soul, makes us the witness, the observer of the body-mind complex as long as we are alive. We become free from suffering. Although the body experiences pain, we do not experience any suffering because we know that we are not the body. When the mind wanders to the regrets of the past and makes us miserable, or jumps into the future to create fear, worry, and stress, we gently bring it back to the present moment of bliss and joy. When the ego is about to be

agonized with anger, hate, revenge, jealousy, we desist all such emotions with the realization that we are the Divine Soul, not the ego that is about to steal our happiness.

One who attains the ultimate goal – the realization that he is not the body, mind and ego, but the Divine Soul, is thus liberated from the triple suffering that one normally experiences on earth. The realized Soul becomes conscious of its true identity and enjoys the bliss of *Ananda,* or *Nirvana,* living with the consciousness of the truth, a state known as *SatChitAnanda.* Such a person transcends the Law of Action, because the Karma does not belong to him. He lives as an instrument of the Divine, doing the Divine Will, and thus he creates no Karma. None of the Actions performed by his body or mind are his. He desires nothing. He attracts nothing. He lives a life of surrender and acceptance and goes beyond happiness that comes from pleasure and peace, as he discovers the true purpose of life. He lives as a liberated Soul till he is alive in the body. But being free from Karma, at death he is liberated and united with the Divine. Since he has dropped all Karma, there is no rebirth to settle pending Karmas because he has gone beyond being the body, mind, and ego that creates Karma.

Sunil met his Spiritual Master, his Guru and asked him what the ultimate goal of life is. The Master smiled. As he kept eating his dinner, Sunil started narrating the life story of all his near and dear ones – how Raj kept on running after millions, visualizing new

dreams and goals every month. He might have achieved money, name and fame, but he was not truly happy. Manohar lived a life of contentment and fulfilment but was so absorbed in his family and his sports activities that he had no time for anything else. Dakshin was trying to win the elections but was so stressed out. Deepa was regularly going to church but didn't evolve on the path.

As the Master kept eating dinner, he kept smiling and Sunil narrated the stories of his social circle. 'Master, why do all these people exist without realizing the truth? Why don't they go on a quest to realize ultimate happiness? Why are they attracted to material pleasures and why are they so obsessed with money, name and fame?' By then, the Master had finished eating. He explained to Sunil, 'This is Maya, the cosmic illusion. Because we consider this world to be real, we suffer the triple suffering. All these people that you know, consider themselves to be the body that they appear to be and they think that they possess a mind. They don't realize that death is certain, the body will die. Then what happens? At least, because you know of Karma, you have transformed all your Actions. However, while all your friends will be reborn based on their Actions, you too cannot escape rebirth unless there is the realization of the truth and you are liberated. Go beyond Karma to achieve the ultimate goal of life.'

Do you want to attain this ultimate goal of life? Do you want to reach this eternal state of happiness that is free from the triple suffering that we normally experience on earth? Then, go beyond the Principle of Attraction and realize the truth

about Liberation. It is this Realization that will free you from the Law of Action and take you to the ultimate destination of unification with the Divine. Even if you stop halfway on this journey of the ultimate goal of life, you will overcome the myth of Attraction and realize that it is Action that takes us to our destination. This is the real secret of life. It is called Self-realization.

What is our Life's Ultimate Goal?
To realize we are the Divine Soul.
This will take us beyond Attraction and Action,
To our Destination of Unification.

ESSENCE OF CHAPTER 9
THE ULTIMATE GOAL OF LIFE

- What is our Ultimate Goal? While we are all seeking joy and we want to be free from sorrow, we continue to experience both.
- We have learnt that we have to go beyond Attraction, and it is Action that will lead us to our destination.
- However, in the journey of life, we will experience both happiness and sorrow – we will be glad, and we will be sad, in cycles.
- Is there a way to escape from this triple suffering of the body, mind and ego?
- While there will be no freedom *from* Action, we can have freedom *in* Action.
- If we realize that we are not the body, mind and ego, then, the Karma doesn't belong to us.
- The moment there is realization of this truth, we become liberated from the pain of the body, misery of the mind, and agony of the ego.
- At death, since there is no Karma, there is no rebirth, and we are liberated from this constant cycle of returning to earth.
- This is our ultimate goal, to realize we are the Soul.
- We are not the body that dies. We are not the mind that we cannot find. We are not even the ego that says, 'I'.
- When we realize the truth, we are liberated from all misery and attain a state of *Ananda* or *Nirvana*, the ultimate goal of life.

CHAPTER 10

THE 4TH FACTOR – A MYSTERIOUS FACTOR, BEYOND ACTION AND ATTRACTION

While man struggles to attain peace and happiness, and he tries hard to attract his dreams through visualization and hard work, there is a Power beyond the Law of Action and the Principle of Attraction that baffles man. When miracles happen that are beyond man's logic, he is unable to understand the magic. What is this factor that is beyond man's understanding?

There is no doubt that Attraction and visualization will create autosuggestion that makes our mind focus on our dream. This may lead to a corresponding Action which must bear fruit. But what if man performs the Action and still does not achieve the desired result? How does man reconcile when his Actions do not match the reaction that unfolds?

Man believes that there are 3 factors that are responsible for the result of his Action. The 3 factors are the quality of his equipment, the method that he follows, and the efficiency with which he works. For any Action, these 3 factors together create the result. If different farmers use the same method of farming, with the same plough, seeds, and fertilizers, on the same farmland and work with the same efficiency, the result should be the same. However, often, results may vary. How is this possible? This is because there is a 4th Factor that

controls the results of all Actions, a factor beyond man's understanding.

Man is so busy trying to follow the Law of Attraction. He is caught in between fancy techniques advocated by motivators and philosophers and he gets lost in them. If he is fortunate, he discovers the Universal Law of Karma and takes charge of his destiny. But when man is confronted with a situation that is beyond even the Law of Action where reactions don't match his Actions, he is bewildered and knows not how to reconcile what is happening. A very few fortunate ones realize that there is a Power beyond Action and Attraction. There is a Power beyond the 3 factors that cause the result of man's Action. There is a 4th Factor that is not in man's hands.

As long as man does not discover the Power of the 4th Factor, man may use Attraction and visualization, and follow all the principles of the Law of Action but he will not achieve his dreams. He will not be able to understand what is happening in his life. He will not be able to match his Actions to the reactions.

While most of the time, Action and reaction will match and we will reap what we sow, there will be times we sow something, but we do not reap the corresponding results. There will be times when things happen which are beyond the control of man. It is at such times that man must contemplate and discover the Power of the 4th Factor. It is that

Power that has created the Law of Action. It is that Power that operates the whole universe. It is the same Power that is inside each man that makes his heart beat, that makes him walk and talk. Alas, the Power is so close to man, but man has not paid attention to that Power – the Power of the 4th Factor!

As long as man does not understand the Power of the 4th Factor, man will not discover the ultimate secret of peace and happiness. As long as man does not use his intellect to discriminate, he will never realize the truth. At first, he will be lost in dreams, only to find that things don't happen just by Attraction. Then, he will be absorbed in Action and things would happen. But when things don't happen even after performing Action, man is lost. It is because man has not discovered the Power of the 4th Factor.

What is it to live with the 4th Factor? While our life is directly controlled by the Law of Karma, and Actions control our reactions, living with the 4th Factor means, living in Divine acceptance and surrender. It is learning to accept miracles that unfold despite our best efforts. It is understanding that man is capable of controlling 3 factors, but the Divine controls the 4th Factor. The 4th Factor is beyond human comprehension. It may be an old Karmic account unfolding or it may be our devotion and our love for the Divine. Normally, Actions should instantly unfold as per the Law of Action, just like the fruit on the tree appears based on the seed that is planted. But when it seems that things are happening which do not match

our Actions, then man is confused. He does not realize that the 4th Factor is unfolding as per very old Karma or past Action that he has long forgotten as he moves from life to life, from one body to another. But the 4th Factor does not forget. Such is its power. Sometimes love for the Divine can influence the 4th Factor to unfold in a very special way but man cannot put logic to this magic.

What the 4th Factor is, is beyond man's limited comprehension. If a deaf man was made to hear the best music in the world and asked to identify what the music was through his eyes, could he do it? It is impossible! The eyes can only see. Without ears we cannot perceive sound. Each of man's sense organs is given for a particular sense perception. Unfortunately, we do not realize that we have not been given the sense perception to identify the 4th Factor. If we are fortunate, we will realize the presence of this factor through inference. When we see results unfolding that are beyond logic, we can infer the presence of the magic of the 4thFactor.

The only way to live with peace and bliss, is acceptance and surrender, to realize that this world is just a show. We come and we go. We seem to be the body that we wear, but in reality, we are the ones that wear the body. We are born as per our Karma, and one day, it is certain that we will face death. The body will die, but the mind and ego will be reborn.

It is only when we realize we are the Divine Soul, that we will

realize our true identity. Then, we realize we are a manifestation of the Divine. The Divine magic unfolds everywhere, in everything, all the time. But we are so lost in this world that we have no time to observe this Divine magic. When things unfold as per the 4th Factor, it is the Divine Power manifesting in the results that confront us. But instead of accepting and surrendering as a Divine Soul, we fight with the results as the mind and ego, and we suffer. The moment we discover the Power of the 4th Factor and realize that we are that very Power, we are liberated from all misery and suffering. We are liberated from all Action and Karma. It is then that we start living with Realization of the truth in bliss, joy, and peace.

Mahesh spent the last 3 decades of his life chasing success and achievement. He used the Principle of Attraction to make his dreams come true. He also realized that without Action, nothing will happen. But he was not happy. He struggled with the day to day circumstances that unfolded in his life. One day, Mahesh's best friend Danny returned from the US. Mahesh was surprised to see that he had become a monk. Like Mahesh, he too had been in the pursuit of success. But today, he had evolved to a new state of bliss.

Danny was now known as Dinasukh which meant, 'Happy every day'. He explained to Mahesh that he lived a life of peace and tranquillity, realizing the Truth that in the end nothing belongs to us. He told Mahesh, 'We are all Actors, we come and we go. This is just a show!' He asked Mahesh, 'Have you ever stopped to look

around to see the beauty that surrounds you? What causes all this beauty? Did all this beauty appear out of nowhere?' He made Mahesh introspect and understand that there was a Power, greater than man, that controlled everything that happened. He explained to Mahesh how he lived a life like a Yogi, connected to that ultimate Power, a Power beyond man's comprehension.

Mahesh could see the bliss in Danny's eyes. Mahesh had struggled to attract his dreams and worked hard to achieve his goals, but his life seemed to have escaped him. Sensing his disappointment, Danny said, 'It's not over! You can still start on this journey. You don't have to do too much. Spend some time every day in meditation and contemplation. Ask the question – who am I and why am I here? This will begin the journey that will take you to the ultimate destination.' 'Of what use is it,' said Danny, 'if we gain the whole world, but we lose our own soul? We may achieve everything, but we will become nothing.'

To live a truly fulfilling life we must transcend desires inspired by Attraction and live a life of goals and dreams filled with dedicated Action. But when Action doesn't give the desired results, we must stop to realize the truth, realize the Power of the 4th Factor.

There is a 4th Factor unknown to man,
That makes man fail, though he thinks he can.
It is a Power beyond Attraction and Action,
That controls man's Final Destination.

ESSENCE OF CHAPTER 10
THE 4TH FACTOR - A MYSTERIOUS FACTOR, BEYOND ACTION AND ATTRACTION

- While man is busy using the Principle of Attraction and the law of Action, he loses sight of the 4th Factor.
- The 4th Factor is a Power beyond human comprehension that controls all results.
- Results of all Actions normally depend on 3 factors known to man - the quality of man's equipment, the excellence in his method and the efficiency of his efforts.
- Despite these 3 factors, there are times when the results do not match the Action.
- Man is bewildered and doesn't understand the presence of the 4th Factor.
- The 4th Factor is a Power that works beyond the Law of Action.
- It is Power that operates this universe, the same Power that is within us and that makes us live.
- Unless man discovers the 4th Factor and surrenders to this Power, he will never be able to understand what unfolds in life.
- Those who discover the 4th Factor, live with surrender and acceptance.
- When we realize we are the Divine Soul, and the Soul is the very Power of the 4th Factor, we understand life and surrender to it.

CHAPTER 11

LIVE WITH ETERNAL JOY AND EVERLASTING PEACE

Whether we use the Law of Action or whether we use Attraction, whether we want success, achievement, name, fame, money, love, romance, relationships, ultimately, we all want one thing. We want to be Happy! We want a life of eternal joy and everlasting peace. How can we achieve this?

Singh was a multi-millionaire. He had more money than he needed, but he seemed to be caught in that cycle of desiring more and more. He was so busy in his business that he did not realize that he had reached his 60th birthday. Now, he had a lot of money in the bank, properties, cars, but he had no smile on his face, and no peace of mind. He started worrying because his children had drifted away. They had all left him to pursue their own dreams, and although he had a lot of money, none of his children was capable of continuing his legacy. He worried every day and could not sleep at night. He had developed wrinkles and he looked tired all the time. One look at him, and one could spell stress, worry, and anxiety – it was written all over him.

Singh was not happy! He was so attached to his possessions and his people, that every day was a day of misery and sorrow. Although he had built a name for himself and he was financially secure, he had no fulfilment. Singh was one of those who had studied at the best

universities in the world. He had himself motivated people on how to attract success and to work, both hard and smart, to achieve their life's goal. However, Singh now seemed to be in a state of depression. He had become a slave of his mind and ego, and he could not move on a path that could take him forward to attain the ultimate goal of life. He would scoff at the idea that we are not this body, mind, and ego, that we are the Divine Soul. He was so busy in his business, that he had no time for spirituality.

Singh had a trusted aide, Ram, who had worked with him for over 20 years. Ram tried to inspire Singh to take an exit from this stressful life as he shared with him how he lived a far happier life although he had not attracted millions nor worked day and night to build an empire. Singh, however, remained lost in dreams and making the dreams come true one by one.

One day, Singh got a heart attack and died. Everything that seemed to belong to him, was left behind, only to disintegrate in the hands of people, who neither respected him nor his life's mission. Singh, unfortunately, never paid attention to the Power of the 4th Factor, the Power of the Divine that Ram believed in - a Power that was more important than success and achievement.

While we are sure that the Law of Attraction cannot attain fruition without Action, we also realize that the Law of Action cannot always guarantee our happiness. More often than not, and in most cases, our Action will invoke an equal reaction and we will be in control of our destiny. But there

will be times when the results will not be as planned. Results are in the hands of the 4th Factor.

Our personal experience shows us that every human being goes through the cycle of pleasure and pain. He faces both loss and gain, just like everybody in this world experiences sunshine and rain. Such is life. Anybody born on earth fails to enjoy everlasting peace and seamless bliss. But there is a way to do it. This secret is more profound than the secret of Attraction and Action. In fact, it is life's biggest secret!

We already understand that man suffers the triple suffering of the body, mind, and ego. This is because man thinks, 'I am I'. He considers himself to be the body-mind complex that lives and dies doing its Karma. Some people don't even accept Karma. They believe that they can sin and still win through life, but this is a myth. They don't ponder on the Universal Law of Karma to realize, 'What you do, comes back to you.'

By and large, most of the world accepts Karma or the Law of Action and Reaction. They realize every reaction that appears in our life depends on the deeds we have planted, just like the fruits on the trees depend on the seeds we have planted. Unfortunately, and inadvertently, every human being errs, be it intentional or unintentional and therefore, man's Karmic account has both positive and negative scores. Further, even if our Karma is completely positive, as per the law, we have to

be reborn to enjoy the fruits of our Action. Like the Buddha discovered, no man born on earth can escape from suffering. What is the way to escape from this triple suffering once and for all? The way is the way of Self-realization, Liberation, and Unification.

As long as man believes he is the Mind and Ego, ME, he cannot escape from rebirth and the corresponding suffering that accompanies his joy and bliss as he lives. It is only when he realizes that he is the Divine Soul, not the body that dies, not even the mind that we cannot find, nor the ego that screams, 'I' throughout life, only then will man be liberated and attain a state of everlasting joy. We have already read that we are not the body, mind, and ego that causes suffering. However, knowledge is not realization. Realization is becoming conscious of this truth and living as the observer of the drama called 'life'. Realization makes us the witness of all Actions and not the doer of all Actions. Realization further liberates us from all Karma, from all our Actions, so that there is no need to be reborn and to suffer. How does man take this knowledge further and make it Self-realization?

Even if somebody reads this a hundred times that he is not the body, mind, or ego, he will still not realize the truth. We are enveloped in the darkness of ignorance caused by the cosmic illusion called *Maya* and thus, we suffer. People wonder how they would ever know whether they have reached a stage of realization or they only have the

knowledge of this truth. It is very easy to decipher this. As long as we live as the ego and mind in a body, our Actions will be motivated towards the material world. We will seek pleasure and be attached to relationships. We will constantly live in fear of death and destruction. We will continue to worry and live with stress and anxiety. Our life will experience anger, hate, revenge, jealousy, and the likes. Despite having all the knowledge that is in this book, why are we still subject to suffering? It is because we have only knowledge. There is no Realization. We are not conscious of this truth and are thus, still prisoners of the triple suffering.

The moment we realize that we are not this body, and it is just a habitat of our existence, the body may experience pain, but we will not suffer this physical pain. When the mind wanders in fear and worry, we will distance ourselves from the mind, living as the witness and observer, and our consciousness will gently bring back the mind to the present moment. When our ego gets angry or triggers emotions of hate, our realization will transport us back into peace. Such is the magic of Realization. It transcends the cravings of the body, the wandering of the mind, and the agony of the ego. What is this Realization?

It is absolute consciousness, not just knowledge, belief or faith, but a total Realization that we are not the physical body, nor the subtle mind and ego that we seem to be. We are the Divine Soul. We are the Energy that gives breath and the one

that departs at death. It is this Realization that liberates us from all suffering and makes us experience a state of *Ananda*, of eternal joy and everlasting peace. No misery of body, mind, or ego will be able to pierce a Divine Soul. This is because the Soul becomes conscious of its true identity. The Soul transcends the Principle of Attraction and goes beyond the Law of Action. The realized Soul seeks nothing, living a life of surrender and acceptance. A realized Soul lives in the Divine consciousness of the truth, moment by moment, in the 'now'. This is the way of living a life of peace and joy without a sign of sorrow.

Such a realized Soul, experiences everlasting bliss when alive. Although the body seems to suffer, he doesn't. He transcends suffering of the mind and ego and lives enjoying the cosmic drama that is unfolding on earth, day after day. Finally, when the whole world experiences death and is reborn as per the Karma, the realized Soul is free from starting a new journey on earth. The one who has realized that he is not the body, drops all his Karma and does not experience rebirth.

Karma belongs to the ME, the Mind and Ego that is reborn. Karma is experienced when the ME takes rebirth in a new body, but the realized one has already realized that he is not the mind and ego. Overcoming this ignorance, he drops all his Karma that he may have accumulated in the past and is thus free, from reward and punishment of the good and bad

deeds of his past. This is the way to transcend Karma and to be free from all our past Actions.

Unfortunately, a very small minority is blessed with Divine grace to go on a quest and realize this truth. It is these few enlightened ones that escape misery and suffering while alive, just as they escape from the cycle of death and rebirth. They are the ones who are blessed to live a life of eternal joy and everlasting peace.

Life is a choice. We can live trying to attract our desires or we can learn about the Law of Karma and plant the seeds for our desired destiny. We can continue to enjoy pleasure and pain as we are reborn or we can choose to go on a quest to realize the truth of who we are, to be liberated from all suffering. We can choose liberation from rebirth and unification with the Divine. If we do, we will stop zooming on this material journey and start our quest on the spiritual path. We too will experience *Ananda* and be liberated from all suffering. It is a choice.

There is a way to Joy and Peace,
We can be blessed and make suffering cease.
Realization, will from suffering give Liberation,
We will experience Eternal Bliss that comes with Unification.

ESSENCE OF CHAPTER 11
LIVE WITH ETERNAL JOY AND EVERLASTING PEACE

- Who doesn't want to live a life of joy that knows no sorrow?
- While we all know why we experience triple suffering, we continue to suffer.
- We believe that the Attraction of our desires will give us happiness.
- Even those who realize the Law of Karma, are governed by the Law.
- Good or bad, whatever be our deeds, we will be reborn on earth.
- As long as we are born on earth, we cannot escape from suffering.
- Realization that we are the Divine Soul, not the body, mind, and ego, liberates us from all Karma.
- When we are free from all Karma, there is no rebirth.
- The liberated Soul is free from all suffering when alive.
- Even though the body may experience pain, the realized one does not suffer.
- The realized Soul transcends the misery of the mind and agony of the ego through Realization.
- Ultimately, at death, there is Liberation from rebirth and from the continuous cycle of suffering as he is liberated and experiences unification with the Divine.
- It is a choice. We can choose to live with Attraction and Action or attain Self-realization and Liberation.

CHAPTER 12

LIBERATION! GOING BEYOND ACTION AND ATTRACTION

How does one transcend the Law of Karma, the Law of Action and Reaction and escape from dreams and visualization that are born out of the Principle of Attraction? The method is Realization. The moment we realize the truth, we experience the gift of Liberation. Liberation helps us transcend the body that performs Actions and the ME, the Mind and Ego, that drives the body through thoughts and feelings that ultimately cause Attraction to become Action. Then we are free, and it is this freedom that helps us to attain the ultimate goal of eternal peace and everlasting happiness.

However much one may struggle with Attraction, or discover the Universal Law of Action, one will continue to suffer. Even if our Actions are good, our Karma will make us return to earth to be rewarded for our good deeds. Anybody who is born, must suffer. This was the truth realized by the Enlightened Master, the Buddha. As long as we are born in the physical body that is driven by the Mind and Ego, ME, we cannot escape from suffering. Although we may have the best of Karma, we will perform certain Actions that will cause us suffering. The only method to escape from suffering is to escape from rebirth, and the only method to escape from rebirth is to be free from Karma. There is only one way to be

free from all Karma – it is the realization that the Karma does not belong to me. Every human being must act, but the realization that 'I am not the doer of Action,' makes us free from the Karma accumulated by the Mind and Ego, ME. How can we reach that state where although we are performing Actions, we are not creating any Karma?

The key to liberation and to be free from Karma is known as realization. When we realize that the body is performing Actions, but these Actions are not mine, and we realize the Mind and Ego are dreaming, attracting, thinking, feeling, but we are not the mind that causes the body to act, then there is no Karma. Our Actions are not our Actions. We become free from the reaction because we transcend Karma. This is provided we Realize that we are the Divine Soul, not the body, mind, and ego that we appear to be.

If we know we are the Soul, but we do not realize it, there will be no liberation. Knowledge is not the key to liberation, realization is. There is a lot of difference between knowledge and realization.

Roger had studied diet and nutrition in detail. It was one of the subjects in his masters. He even wrote many blogs on how some foods did well with some people but reacted to others causing unpleasant symptoms. After several years, when he was suffering from unbearable headaches, he was taken aback when his general physician told him after his full body check-up, 'Your body is

allergic to chocolate. It is chocolate that has been causing your splitting headaches for the last 20 years.' Roger knew about this all along, but he had not realized it. Today, after his diagnosis, he realized the cause of his headaches that had troubled him for two decades. Why was it that Roger continued to suffer for 20 years although he knew that some foods could cause undesirable results in some people? The moment his knowledge became realization, he renounced eating chocolates. As if by magic, his headaches disappeared. But in reality, there was no magic. It was simple logic – excess chocolates which were his favourite, were causing him splitting headaches. He realized the truth.

If we know we are not the body, mind, and ego, but we continue to live as a complex that has an embodied Soul, we will continue to create Karma and suffer. The moment there is realization, then we start living not as the body, mind or the ego, but as the Soul. We surrender our Actions to the Divine and live as an instrument doing the Divine Will. Earlier, we were like actors doing our part, driven by the ego. But realization makes us the witness, the observer, and although it seems like we are doing our part on the earth stage, we know we are not the actors. We surrender just as puppets surrender to a puppeteer and we act as per the direction of the Divine. We transcend the dreams of the mind, the visualization of the ego, and thus, the body is no more a slave of the ME. Its Actions do not belong to me. Although I act, there is no Karma. I do not accumulate deeds that will become seeds to bear fruit in the future. My realization leads me to liberation -

while I am alive, liberation from all misery and suffering, and - at death, liberation from the cycle of death and rebirth. Liberation leads to Unification with the Divine. The wave that was, otherwise, splashing again and again, becomes one with the ocean. This is the ultimate goal of life.

How does one reach the state of realization? One needs to go in quest of the truth. The principal question one must answer is, 'Who am I?' Unless there is realization that we are not the body, that we are not the mind, nor are we the ego, we will never realize that we are the Divine Soul. We must first realize what we are not, to discover who we truly are. It is this realization that will lead to Liberation and Unification.

This earth is like a huge stage where 8 billion people are actors, some inspired by the Law of Attraction and some motivated by Karma as they look deeper to realize the real secret is in Action, not Attraction. Both, the fans of the Law of Attraction and the believers of Karma, the Law of Action, return to this earth stage again and again. Based on the deeds that they plant, they are directed to be reborn in a role based on their Karma and they will go through both pleasure and pain, in proportion to their good and bad deeds. They will experience both heaven and hell right here on earth as they take rebirth. While they seem to wear a new body, it is the ME, Mind and Ego, that is reborn again and again on the earth stage as per its Karma. A very few amongst us realize the truth and are free from returning to the earth stage. Our

realization of who we are causes our liberation from rebirth and our ultimate unification with the Divine. As long as we are alive, we must become conscious of our true identity and live every moment of our life, peacefully and blissfully, observing the drama on earth, living as an instrument of the Divine. We cannot escape from Action, but we realize that these are not our Actions. We surrender our life to the Divine, living blissfully in the Consciousness of the Truth. Ultimately, one day, as per the Divine story board of the drama unfolding on earth, we will depart. Death is certain. Nobody can escape it. But when the body dies, the Realized Soul becomes one with the Divine. This is the ultimate secret that one must learn as one becomes free from the earthly secrets of Attraction and Action. The secret of all secrets is Unification that happens with Liberation and is caused by Realization.

Let us learn to go beyond Attraction, to transcend all Action and focus on Realization. Once we Realize the Truth, we will attain Liberation and Divine Unification.

Attraction is of the Mind,
But it is the body that performs Action.
When we Realize we are the Divine Soul,
There is Liberation and Unification.

ESSENCE OF CHAPTER 12
LIBERATION! GOING BEYOND ACTION AND ATTRACTION

- As long as we are driven by Attraction, we are driven by the mind.
- When we look deeper and discover the Law of Action, we learn about Karma.
- Karma makes us return to the earth stage again and again.
- Anybody who is born must suffer. Our goal is Liberation from suffering.
- Liberation happens when there is no Karma, when there is Realization that we are not the one who is creating Karma.
- Realization is about discovering that we are not the body or mind but the Divine Soul.
- This Realization liberates us from all Action.
- Although we seem to be Acting, we are only instruments of the Divine and we do not accumulate Karma.
- We surrender just as puppets surrender to a puppeteer and we act as per the direction of the Divine.
- Realization liberates us from Karma. It leads to Liberation from the cycle of rebirth.
- Liberation while alive, frees us from all the triple suffering.
- Ultimately, at death, if there is no Karma, there is no rebirth. There is Unification with the Divine.
- Life is about going beyond Attraction and Action. It is about Realization, Liberation, and Unification. This is the Ultimate Secret of Life.

13

AFTERWORD

For many years, I too believed in the Law of Attraction. I used the power of visualization to try to make my dreams come true. I was a fan of positive thinking and believed that desire is the starting point of all achievement. I even read James Allen's, 'As a man thinketh', and Norman Vincent Peale's, 'The Power of Positive Thinking'. I was inspired by Napoleon Hill's book 'Think and Grow Rich,' as I moved from success to success. But I realized that all this visualization and Attraction, would never take me to my destination. I knew beyond doubt that the power lay in execution. It needed Action. Thus it was a combination of the power of visualization and the ability to work both hard and smart, that helped me make my dreams come true.

Today, many years later, when I see the world still enamoured by the Law of Attraction, and I know beyond doubt that Attraction by itself cannot work, I realize the importance of Action. In fact, when I was writing a book on the Law of Action or the Law of Karma, I happened to read a piece on Attraction. There was a sudden Realization. I realized that even within the word 'AttraCTION' was the word 'ACTION'. The real secret was revealed to me. If you take Action out of Attraction, what will be left is some noise.

As I looked deeper, I realized how people are paralyzed by mythology and motivation, which can combine to keep them in ignorance till their death. I was fortunate to realize many truths about life and thus decided to bust the myth. If one believed that just Attraction will work, they can keep on Attracting but alone it will not help them achieve their dream. The Principle of Attraction will work only when it is accompanied by Action. Thoughts must lead to feelings and cumulate in Action before we see any reaction and reach our destination.

The Law of Action is universal, we can't escape it. Throughout my life I saw that just like every seed that was planted was bearing fruit on the tree, every deed that I did became my destiny. I realized, as I could see it for myself, that there was nothing like luck. I would pluck what I deserved and that depended on my Action. As I lived from success to success spanning 3 decades, I realized something very profound. I realized that nobody could escape the Law of Karma or Action, but I also realized there was a 4th Factor, a factor beyond human comprehension. From my own personal experience, I realized that I could control my Actions, but I had no control on the results thereof. Thus I learnt to live in Divine surrender and acceptance, telling myself, 'Do your best, God will do the rest.' I strongly believed that we should work as if everything depends on man, but we should pray as if everything depends on God. I realized that God was not somebody sitting on a distant

planet, controlling what was happening in my life. What was happening in my life was my own Karma unfolding, day after day.

Before my life transformed, I lived in a material world, with a focus on Attraction and Action, and my goal was Achievement. Then I had the realization and I transcended from Achievement to Contentment and Fulfilment. While I strongly believed in the Law of Karma, I realized that Action would bind me to this world, and it will continue to make me suffer. I too experienced suffering that came from physical pain of the body. I too was a victim of my mind as it worried and wandered. I was agonized ever so often by my ego, especially with anger, though I was fortunate to escape from hate, revenge, and jealousy that I saw several others being prisoners of. There was no doubt that as long as we are alive, we all will suffer, just as we will enjoy the pleasures of this beautiful world.

As I moved forward in the journey of my life, in quest of happiness, I left the highway of achievement, when I discovered an exit to contentment and fulfilment. I shut down my business when I realized that making money would give me pleasure but making a difference would give me peace. I chose peace over pleasure, for I knew that Success is not Happiness, Happiness is Success! As I lived a life of bliss and peace, I saw people struggle through the journey of life, becoming prisoners of their greed, rather than living

with contentment, fulfilling their need.

We human beings are never satisfied. Enough is not enough, however much we have! Therefore, we are constantly dreaming of material pleasures. We fall prey to concepts like the Law of Attraction and we get trapped in the visualization of success. We don't realize that death is certain. I saw so many of my peers getting trapped in *Samsaar*, the illusion of this material world, as they struggled to become richer and wealthier. Did they not realize that eventually, nothing would belong to them?

I was fortunate to have a Spiritual Master, my Mentor – Dada J. P. Vaswani. He held my hand for 25 long years, as he led me from achievement to fulfilment, and inspired me to go in quest of the ultimate peak of happiness. It was my Spiritual Mentor who provoked me to go on a quest. It was because of this that I realized the true meaning of life. I realized that ultimate happiness was not about Achievement and Fulfilment, it was Enlightenment. It was overcoming the darkness of ignorance and it was the Realization of the Truth. I discovered that the ultimate goal of Life was to be free from the cycle of death and rebirth. I realized the truth about Karma, but I also realized that my goal was to transcend it by realizing that I was the Divine Soul.

Everything that I have shared in this book is not some theory that I have picked from what I have read or learnt. It is my

own personal experience that I am sharing with the hope of helping people realize the truth. If it were not for my Spiritual Master, I too would be chasing success, following the Law of Attraction, and being lost in Action, pursuing my dreams. My Master once asked me, 'What would it gain a man, if he gained the whole world, but lost his own Soul? What is the true purpose of life? We must discover the truth of who we actually are and why we are here on earth.'

When I looked around me, I found most people chasing pleasure. I too was a slave of my senses, but I was fortunate to realize that these pleasures are temporary. Wherever there was pleasure, there would be pain, just like we can be sure that loss will follow every gain. The landscape of life had both peaks and valleys, but we human beings enjoy the roller coaster of life so much, that we forget to seek true happiness. We seem to be so fascinated by the excitement of life that we lose sight of Fulfilment and Enlightenment.

I am fortunate that I escaped from this circus of Achievement. Otherwise, I would have continued to be another clown, swinging from one rope of success to another, till one day, I would drop dead. Our goal is not just to live till we die. We must stop and ask the question, 'Why?' We must question everything and discover the true purpose of life. We must ask and investigate, till we realize the truth. This is the only way to overcome our ignorance and to be free, both from suffering when we are alive and from the cycle of death and rebirth.

As I look back at the book I have written and the life I have lived, I realize that majority of people are so attracted to material pleasures that they continue to be blind to the reality of life. Although death stares at us in our face, we continue the race to be an ace, and we get caught in the maze. Suddenly, one day, life will be over, and we will have to be reborn based on our Karma. Such is the Universal Law! I still see so many people who still don't understand the reality of Karma. They think that life must be lived till it is over. There is nothing beyond. They don't ponder on birth and how it reveals something that is causing fortune and misfortune in young children that are born. It is so obvious when we look deeper, we will infer that young children that are born with so much suffering, are carrying their past Karma. It is just not possible for God to be cruel. The use of our common sense can infer that it is the Karmic Law that is unfolding. But common sense is so uncommon! That is why, for centuries every time an apple fell on our head, we just said, 'Ouch!' It needed Newton to question, 'Why the apple did not fly away into the sky and why it was pulled down towards the earth?' It was through inference that he discovered the 'Law of Gravity'.

I too have used inference to achieve many of my Realizations. The truth is right in front of us. But while only 1% of us are visually blind, 99% of us are spiritually blind. We don't realize we are the Divine Soul, not the body that dies. Those who discover the Law of Karma, at least believe that death is not the end. It is just a bend and the ME, the Mind and Ego, will be

reborn based on our Karma when our life reaches its end.

During my quest, I studied many scriptures. As if by Divine intervention, I read the *Kathopanishad.* It is an ancient text said to be about 4000 years old. It reveals life's ultimate secret. At death, one of two things happen. For most of us, the body dies, but the mind and ego, along with its Karma is reborn in a new body. This cycle will go on and on. But for a rare minority, who realize we are not the body that dies, nor the mind and ego that carries its Karma and is reborn, they are blessed with the revelation. They Realize that we are the Divine Soul and are liberated from all Karma, from all past Actions. They are free from the cycle of death and rebirth and from all the misery and suffering that man experiences as he lives on earth. Unfortunately, we may read this a hundred times. I did too. But I was untouched by the text, that was seen by my eyes and interpreted by my mind. It is not knowledge that makes us understand. It needs Realization. Unless there is Realization of who we truly are, we will not be liberated from Karma and rebirth.

A normal human being is so zapped with the Law of Attraction, success, achievement, dreams, money, name and fame, that he continues in the cycle of Action and Reaction, only to live and die. Unless we go in quest of the truth, there will be no Realization and everything that we read in a book like this, will seem to be a good philosophy at best. Aren't we used to reading so many fairy tales and mythological stories.

Then why should we believe this?

Everything in life is a choice. I chose to go on a quest, just as I chose to question everything that I read and learnt. Enlightenment is not a light that reveals the truth on the outside. Enlightenment is within. There is darkness of ignorance within us and unless, we transcend the body, the mind, and the ego, we will not be enlightened that we are the Divine Soul. How many times I must have read in the scriptures - Luke 17:20,21 – '*The kingdom of God is within you'*. Corinthians 3:16 – *'God lives in the temple of your heart'*. Chandogya Upanishad, *'Tat Twam Asi'* – Thou Art That. Reading and understanding is useless, unless there is Realization of the Truth. It is Realization that will lead us to Liberation from Karma, and from all suffering and to ultimate Unification with the Divine.

Today, as I live a life of eternal bliss and everlasting peace, I have just one mission – to help people realize the truth, to help people overcome ignorance. But I can do nothing, except show the path. If somebody wants to attain that state of *Ananda* or *Nirvana,* they have to walk the talk. Attraction will not help, and Action will only bind them. We need to go beyond visualization to the Realization of the Truth. Then, we will experience Liberation. As we realize we are not the body that suffers, nor the ME, the Mind and Ego that agonizes us in misery, we will realize that we are the Divine Soul. We will live in a state of *SatChitAnanda*. We will

experience *Ananda*, or eternal bliss, as we live in *Chit*, Consciousness of the *Sat*, Truth!

May you start your quest to achieve the Ultimate Goal of Life. May you realize that Attraction of pleasures will only lead to ultimate pain. May you discover the Law of Karma, the Law of Action and transcend it. May you realize who you truly are and may the journey of Self-realization lead you to God-realization, our Ultimate Goal!

For many years, I too believed in Attraction,
Till one day I realized, it was an illusion.
If I wanted to reach my destination,
More than Attraction, I needed Action.

14

POEM
THE LAW OF ATTRACTION

Does the Law of Attraction really work?
Can visualization do the trick?
Let's look within to find the real secret
Look deeper for the truth to pick

'Mangoes, mangoes, mangoes,' if you dream
Will the fruit grow on the tree?
It is the seed, Oh dear, that you plant
That will grow to be, what you see

But the whole world is talking of Attraction
'Just desire and make your dream come true'
Desire is good to start what you want
But it's Action that is the final cue

Attraction without Action doesn't work
Look deeper and realize the Truth
Within the word 'AttraCTION',
There is 'ACTION' in the root

For there is a Law, a Universal Law
'As you sow, so shall you reap'
If there is Attraction and no Action
Then in the end, you will weep

Attraction and thoughts lead to feelings
But it is only when we get to work
The cycle of Achievement says
'You need to walk, don't just talk'

For the Law of Action never fails
What you give is what you get
What goes around comes around
It's like a boomerang, you can bet

It's popularly called the Law of Karma
What you do, comes back to you
Every Action, good or bad
Won't escape, this is true

Whatever is unfolding in your life today
Is what you have done in the past
And whatever you are doing today, remember
Will return to you until your last

And when death, which for the body is certain
Happens and Karma carries on
The body dies, but the Mind and Ego
With its pending Karma is reborn

Death is not the end, but a bend
Our Karma account is not closed
Whatever is the balance in our Karmic trade
Causes the next birth to be proposed

Our birth is decided not by luck
Past Actions or Karma is the cause
Where, when, and how we are born
Is controlled by Karma without flaws

Therefore, our destiny is in our hand
It is Action that will decide what will be
We will get to that destination
Karma decides our destiny

Life is like a car on the road
The road can't be changed, it is paved
But we have a 'Free will' to choose how we drive
Through this 'Free will', our Karma can be changed

We can go fast, we can go slow
We are free to choose what we do
Remember, as you drive your Life ahead
Is the destination you will get to

Therefore, we must do good each day
Our destiny depends on our deeds
Just like the fruits in our garden, without doubt
Don't depend on luck, but on the seeds

Whatever we do, doesn't get washed away
It remains in our account, even after death
Life after Life, the score goes on
And is counted in every breath

But whoever is born in this world must cry
The Enlightened Buddha declared after his quest
'Dukkha or suffering is experienced by all
No one can escape this test'

We all experience the triple suffering
The suffering of body, ego, and mind
As long as we have Karma, we will be born
What we have done, we can't rewind

Is there a way to escape from pain,
And from Karma, can we be free?
Yes, this is the ultimate secret
If the Divine Soul, we can be

To escape from all suffering
Is our Life's Ultimate Goal
This is possible if only we realize
We are the Divine Soul

The Soul is a Power, it has no Karma
It is the Energy of the Lord
We must realize we are not what we appear to be
But rather a manifestation of God

When we realize we are not this, we are That
From Action and Rebirth, we are free
We will be Liberated from all suffering
And United with the Divine we will be

This is the secret of Eternal Joy
And the way to Everlasting Peace
If only we can Transcend Karma
All our sufferings will cease

So, don't believe just the Law of Attraction
It is the Law of Action that will work
What you attract, may never come to you
If from Action, you will shirk

But tasks will bind you to be born again
And the Happiness that you seek
You will remain thirsty and yearning for more
As you try to climb the peak

The only way to Peace and Bliss
Is from Karma to be free
Then, eternal Joy and everlasting Peace
Will be your final destiny

Life is a journey and we must choose
We can live with Attraction or with Action
But being Liberated and being United with God
Is our Life's Ultimate Destination

BY
AiR
Atman in Ravi

ABOUT THE AUTHOR

AiR – *Atman* in Ravi, is an Embodied Soul whose only mission in life is to 'Help People Realize the Truth'. He was born in Bangalore on October 15, 1966. At a very young age, Ravi V. Melwani mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores KidsKemp, Big KidsKemp, and Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. work – Humanitarian, Inspirational and Spiritual work.

As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 600 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with free shelter, food, clothing, and medical care. AiR built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and people

should go beyond religion to truly realize God.

One day, his Guru inspired him to introspect and find answers to the following questions: Who am I? What is the purpose of my life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will I be reborn? Who is God? Where is God? What is God? What is the Soul? Where are heaven and hell? What is Enlightenment? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfilment in search of the final peak of life: Enlightenment.

After a few years of intense search in retreat, deep in the mountains, he realized that we are not this body. We are the Soul, the *Atman*. He changed his name to AiR – *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. This led to several Realizations that formed his new mission of life – to Help People Realize the Truth.

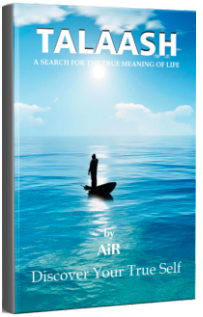
Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 34 books, composed and sung about 1150 bhajans written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help

people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life.

AiR has realized the Truth that we are not the body, the mind, or the ego; we are the Divine Soul. And to realize this is our ultimate goal. He lives his life with just one mission – to help people Ask, Investigate, and Realize the Truth. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

Started with nothing…
Became something…
Achieved everything,
Only to realize we are nothing!

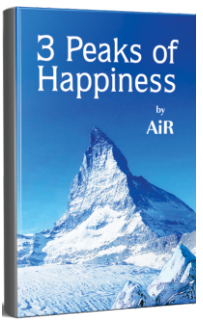
BOOKS BY THE AUTHOR



1. Talaash

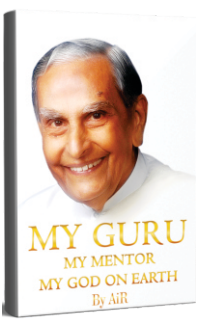
Talaash means 'search' or a 'quest'. This book by AiR recounts his own spiritual quest for the Ultimate Truth that led him to the realization that we are neither the body nor the mind, but the Divine Soul.

2. 3 Peaks of Happiness



This book talks about the universal quest of humanity—Happiness. It explains the ways through which people can reach the third peak of happiness—Enlightenment which lies beyond the two peaks of happiness—Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow and gives us eternal Joy and Bliss.

3. My Guru, My Mentor, My God on Earth

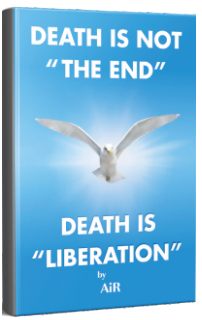


This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his spiritual quest and bringing about the transformation in him.

4. I will Never Die, Death is Not "The End"

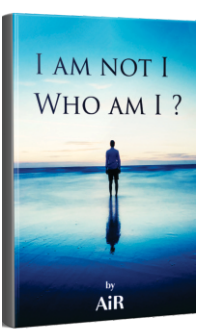
In the journey of his life, AiR realized many truths. One of the truths is a revelation—we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies.

5. Death is Not "The End." Death is "Liberation"



The second book by AiR in the series of books on 'Death' touches upon the secret of *Kathopanishad* which talks about what happens after death. One of the two things can happen: if we think we are the Body and Mind as a doer, we are reborn, but if we realize that we are the Soul and not the body and mind, we are liberated to eternal joy and peace.

6. I Am Not I. Who am I?



This is an insightful book by AiR which talks of his quest and realization that we are not who we think we are. We have a house but we are not the house. We have a car but we are not the car. Similarly, we have a body but we are not the body. Then, who are we?

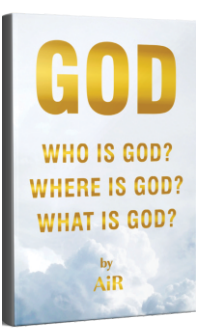
7. The Mind is a Rascal

Can you believe that the mind is a rascal? You always thought that the mind is king—it is everything. But just try this. Sit quietly for an hour, and try to find the mind. Where is it? You will realize that the mind doesn't exist. This amazing book by AiR will teach us that the mind is our enemy. It is the one that makes us suffer. It is time to find the rascal and kill it. How do we do this—is revealed in the book.

8. A Cosmic Drama

This book challenges the reader to explore the illusory nature of this world—whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.

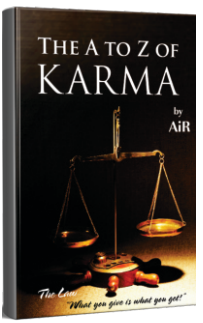
9. Who is God? Where is God? What is God?



Well, this might seem to be a simple set of questions but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This simple book will change your perception and belief about God

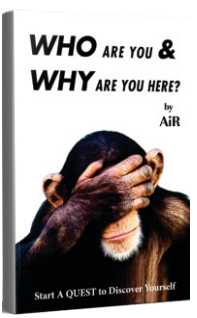
and bring you closer to the Power called God. It will help you realize God.

10. The A to Z of Karma



Most people are aware of the concept of Karma – the Universal Law that states, "What you give is what you get." But not everybody knows the A to Z of Karma that we can actually transcend Karma, escape from it and achieve Liberation or Moksha. This book reveals the secret of eternal Joy and Peace—a life without any misery or suffering.

11. Who Are You and Why Are You Here?



This is a simple book that prompts us to ask the right questions to discover the secret of our life—who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a purposeful, meaningful and blissful life.

12. The 4th Factor

Man thinks that his Karma controls everything and he can achieve anything through his efforts, equipment, and the method of his actions. But he is ignorant about something which is more powerful than Karma—the 4th factor. This is an

informative book that makes the readers understand why things happen the way they happen and even if ten people use the same equipment and perform the same action, still, they never produce the same results, because apart from their own action, each person seems to be graced with another factor—the 4th factor that is beyond human comprehension and without its consent even the possible becomes impossible.

13. Be Happy in the NOW!

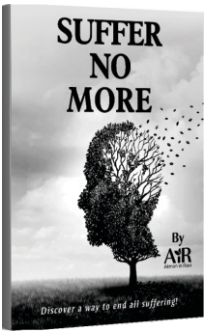
Every human being on earth wants to be happy. There is nobody who enjoys pain. People want to achieve Happiness but they fail to realize that Happiness is the journey itself, not the destination. Then, what is the secret of eternal Joy, Bliss, and Peace? It is being Happy in the NOW. With this book, AiR hopes to inspire people to live life moment by moment, if they really want to be Happy.

14. Questions You Must Answer before you Die!

Most of us live and die but we don't ask the question—Why? We just exist! This book presents a series of important questions with

answers that can guide us to the realization of the Truth and help us live with meaning, purpose, and joy.

15. Suffer No More

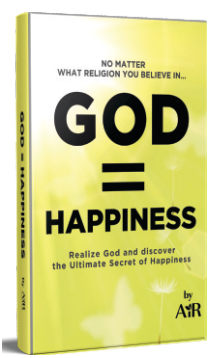


'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how!

16. Success is not Happiness, Happiness is Success

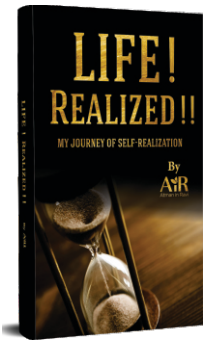
People want to win because this makes them Happy, just as failure makes them miserable. This book explains how success does not bring happiness and how this belief is only an illusion. In fact, instead of chasing success, we should try to be happy! That is true success.

17. God = Happiness



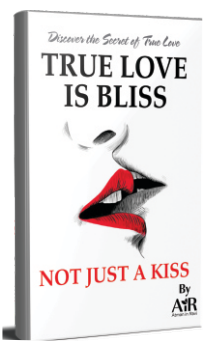
In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for Happiness. This is a book that takes us far

beyond religion to Realize the Truth about God and how God is Happiness.



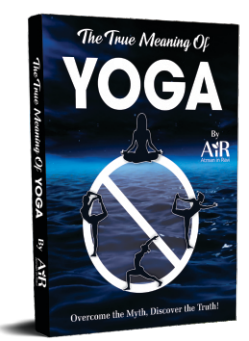
18. Life! Realized!!

This book is a personal reflection of the author on his several realizations about everything that matters in the journey of life—the realizations that he attained while on his quest for the Truth.



19. True Love is Bliss…Not Just a Kiss

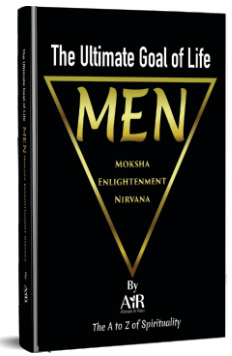
It is sad that love which is the source of joy and happiness is not understood by the world. This book is an attempt to explore True Love that is beyond passion, romance, and kisses. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.



20. True Meaning of Yoga

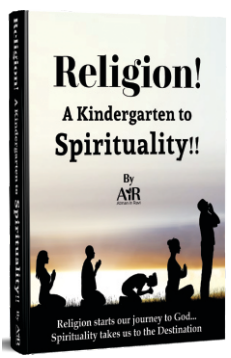
Yoga, today, is primarily taught as a set of body postures and breathing exercises. But this is not true Yoga! Yoga, in reality, is a Union with the Divine. This book attempts to explain everything about

Yoga, its meaning and significance, how it must be practised and how through Yoga, one can be liberated and experience Ultimate Divine Peace and Bliss.



21. The Ultimate Goal of Life, MEN — Moksha, Enlightenment, Nirvana

The three most tenable concepts—Moksha, Enlightenment, Nirvana are discussed in this book that can help us reach our Ultimate Goal of Liberation and then Unification with the Divine.



22. Religion! A Kindergarten to Spirituality!!

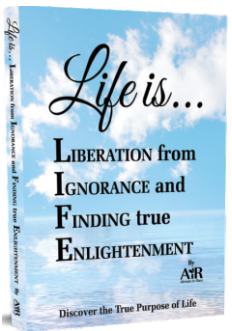
This book discusses how Religion is only the first step towards God-Realization. We do not realize that Religion is only a Kindergarten, of which Spirituality is the University, and together they can lead us to God-realization.

23. Why Bad Things Can't Happen to Good People!

This book helps us understand that this world has been created by the Divine and it operates through certain Universal Laws that need no intervention by the Creator.

Bad things can never happen to good people, just as apples can't grow on mango trees!

24. LIFE is...Liberation from Ignorance and Finding true Enlightenment



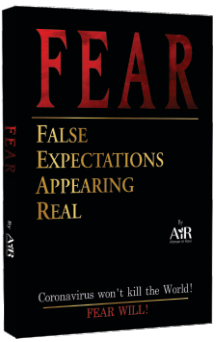
What is Life all about? Most people exist but they don't truly live. They just zoom from womb to tomb, and then life is over. They don't stop to think about their life's true purpose. In the pursuit of happiness, success, and achievement, people don't realize that though they may gain a lot of these, they lose their most precious gift—life itself.

25. The Ladder to Heaven

While we pray to God calling God by different names, the vast majority of humanity believes in God and aspires to go to their God in heaven one day. It doesn't matter what our religion is, there is a way to reach God. There is a Ladder that can take us to heaven but we need to ascend the rungs of belief, prayer, faith, hope, trust and so on. This book is an effort to help genuine seekers of God to climb the Ladder to Heaven. It shows a step by step way to God-realization as

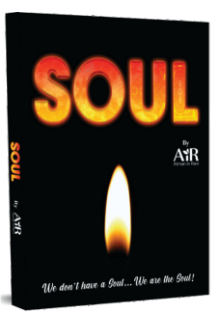
we pass through self-realization, overcoming the ignorance that we live in.

26. FEAR- False Expectations Appearing Real



Through this book, the author wishes to help people change their paradigm and live with courage—that they should take appropriate precautions and not panic. The world has changed because of Coronavirus! But it's up to us to live with FEAR or to live with FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. For the first time ever, all the countries of the world have closed their borders and shut down their economies. Facts confirm that when compared to the Spanish flu, it is not as fatal a pandemic as the world thinks it to be. This book F E A R, will help readers overcome these tough times of the global pandemic.

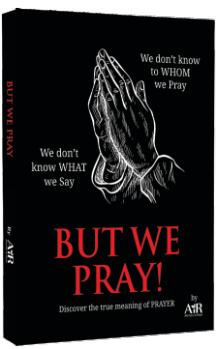
27. Soul – We don't have a Soul… we are the Soul!



The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? Where does it come from and where does it go? We cannot see the Soul, but we all believe that we have one. People talk about 'good' or 'bad' Souls, ghosts—spirits of the

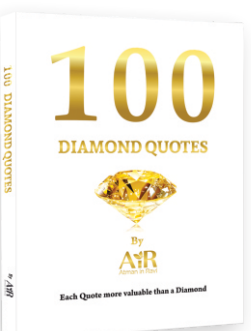
dead, heaven—hell, and the reincarnation of the 'Souls'. This book will help the genuine seekers of the truth to do some Soul searching and discover the ultimate truth about our most important aspect—our very own Soul. We will realize that we don't have a Soul…we are the Soul!

28. But We Pray!



The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don't even know the God we pray to, nor do we understand what we say in prayer. This book will make us conscious of what we say when we pray. It will help us know the God we pray to and build a Divine connection through prayer.

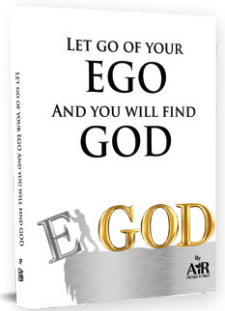
29. 100 Diamond Quotes



Our life needs a spark and a simple quote can make this difference. This book, *100 Diamond Quotes* does just that. It is a selection of AiR's quotes on Happiness, Realization, Liberation, Spirituality, and Enlightenment. These inspiring, thought-provoking quotes can trigger a metamorphosis and can transform our life as they lead us forward in our quest for the

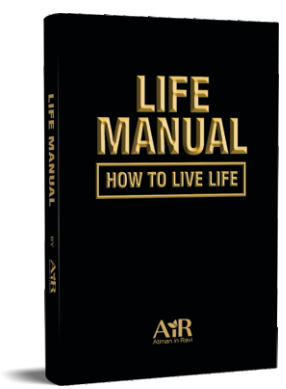
true meaning of life, giving us more Peace and Happiness than all the Diamonds of this world.

30. Let go of your Ego and you will find God



Are you seeking God? There is a way to find God. All you have to do is to let go of your Ego. Our biggest enemy, ME, the Mind and Ego, envelops us in ignorance and we go round and round in circles without discovering God within. This book will transform your life. It will show you the way to God just as it will guide you on how to let go of your Ego. It will open the door to eternal peace and everlasting joy. If only you let go of your Ego, you will move from Self-realization to God-realization and will realize God within.

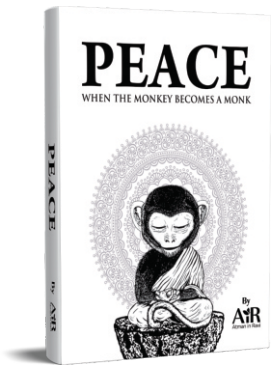
31. Life Manual - How to live life?



Whenever we get a new gadget, we read the operating manual before we actually start using it. We learn how to operate our mobile phones and our laptops. But have we ever read a manual on life? Is there such a manual? There is no simple document that tells us what life is and how we should live. The 'Life Manual' is just the book we

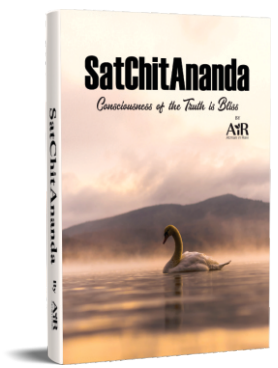
have all been waiting for. We continue to get baffled by problems and sometimes give up. From this moment onwards, as you read the Life Manual, you can discover the true meaning of life and live a life of bliss and peace!

32. PEACE... When the Monkey becomes a Monk!



We human beings are enveloped in deep darkness of ignorance. We seek Peace of mind but we don't realize that Peace is not an external thing. It is our original state. It is our own mind that steals our Peace by constantly jumping from thought to thought. It craves and desires and we lose our Peace. Unless we tame the Monkey Mind and make it into a Monk, we will never be able to experience true Bliss. This book will show us the way.

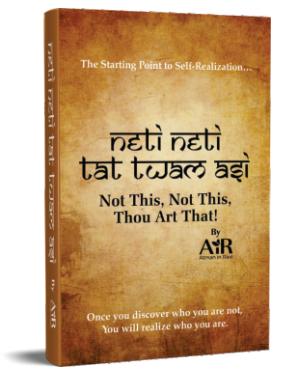
33. SatChitAnanda - Consciousness of the Truth is Bliss



Very few people in this world discover the secret of eternal Peace and everlasting Joy. They go in search for the true meaning of life. They overcome the myth and realize the Truth and they enjoy *Ananda,* a Bliss unknown to the common man. They experience Peace and Joy as they overcome all misery and suffering.

This book reveals the secret of *SatChitAnanda.* It will help us realize the Truth just as it will make us conscious of it and show us the way to *Ananda*, to live every moment of life with seamless Joy and Peace.

34. Neti Neti ,Tat Twam Asi - Not This, Not This, Thou Art That



What is the way for a common man to be enlightened? What is the key to opening the door to the realization of the truth? It is Neti Neti, Tat Twam Asi, Not This, Not This, Thou Art That. To realize the Truth of 'Who am I?', the first thing we must discover is 'Who I am not'. Unless there is a negation 'Who I am not', we can never realize who we truly are. Neti, Neti opens the door to this Realization.

And Now..

35. Discover the SECRET within
The LAW of AttraCTION

Coming soon…

36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty

DISCOVER the Secret within

The LAW of ATTRACTION

Does everybody who believes in the Law of Attraction make their Dream come true?

Shyam, a farmer in New Delhi kept on repeating, 'Mangoes, mangoes, mangoes!' but there were no mangoes on his farm. Roger, in New York, who believed in the Law of Attraction, kept dreaming, thinking, visualizing, and saying, 'Ferrari, Ferrari, Ferrari', but he died without a Ferrari! Susan, in New Zealand, kept dreaming and imagining that she would be 'Miss World' but she did not even make it to 'Miss New Zealand'.

Why did they fail?
Because they did not look deeper to discover the real secret within the Law of Attraction that makes it work. The law that actually works is not the Law of Attraction by itself, but the Law of Action. Thus, the scriptures say, '*What you sow, so shall you reap*'. This is popularly known as Karma. It states that if you plant mango seeds, you will get mangoes. And so, our destiny depends on the deeds we plant.

Do you want to make your dreams come true? Then, start with the Law of Attraction, but don't stop there. Get into Action, for it is Action that will cause the reaction. Stop dreaming of what you want and start doing what it takes to make it happen! This book will show you the way to the Ultimate Goal of Bliss and Peace!

By
AiR
Atman in Ravi

A.i.R.
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Ask Investigate Realize

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